

## How does fat help us?

Fat is an important nutrient that supports our health!

- It gives our bodies energy and supports cell growth
- It protects our organs and keeps our body warm
- It helps our bodies absorb certain nutrients, like vitamins A, D, E & K
- It produces important hormones



**Different types of fat affect us differently. Choosing the right kinds is more important for our health than the overall amount of fat that we eat.**

## What type of fat is best for my health?

There are **three** main types of fats found in our food. Let's take a look at each one.

### 1| Unsaturated Fat

- Found in: **nuts, seeds, nut butters, avocado, olives, olive oil, canola oil, fatty fish**
- Unsaturated fat raises HDL (good) cholesterol in our blood, which protects our heart
- Out of all the fats we eat, the majority should come from unsaturated fat



### 2| Saturated Fat

- Found in: red meats, bacon, butter, high fat dairy, palm oil and coconut oil
- It's okay to eat saturated fat, but in small amounts
- Large amounts of this fat raises LDL (bad) cholesterol in our blood, which increases the risk of heart disease



### 3| Trans Fat

- Found in: vegetable shortening, packaged baked goods, and deep fried foods
- This fat is artificially made and greatly increases the risk of heart disease
- You should aim to avoid eating trans fats entirely



## FAQs

### What is Omega-3 fat?

- This is a special type of **unsaturated fat** found mostly in fatty fish
- It's been shown to increase good cholesterol, lower triglycerides, and may have positive effects on heart rhythm and blood pressure
- To get the positive effects of Omega-3 fats, you should eat fish at least 2 times per week
- Omega-3 is also found in smaller amounts in flax seeds, walnuts, and soybeans

### What type of oil is best?

- Canola and sunflower oils are best for cooking at high temperatures
- Extra virgin olive oil is best for drizzling on salads
- Avoid coconut and palm oil, as these have mainly saturated fats

### Will eating more "healthy" fat help me lose weight?

- All types of fat have the same amount of calories. If you are watching your weight, be mindful of how much added fat you include at meals and snacks.

### What do I look for on a nutrition label?

- The percent daily value (%DV) can help you understand if the food has a little or a lot of a certain nutrient, like fat.
  - 5% DV is a little
  - 15% DV is a lot
- Rather than looking at *total fat*, focus on *saturated* and *trans fats*.
- Make sure the food contains less than 5% DV of these fats

Nutrition Facts	
Per 1 burger (130 g)	
Amount	% Daily Value
<b>Calories</b> 200	
<b>Fat</b> 9 g	<b>14 %</b>
Saturated Fat 2 g	<b>15 %</b>
+ Trans Fat 1 g	
<b>Cholesterol</b> 70 mg	
<b>Sodium</b> 800 mg	<b>33 %</b>

### How common are trans fats?

- Health Canada banned artificial trans fats in 2018, so they are much less common than they used to be
- However, it will take some time to completely clear trans fat containing products off store shelves

### Is butter or margarine a better choice?

- Choose soft margarine, which contains unsaturated fat over butter (saturated fat) and hard margarine (trans fat)

## Tips on including healthy fats into meals and snacks



- Include ¼ cup unsalted nuts with fruit as a snack
- Replace mayo with ½ mashed avocado in sandwiches or wraps
- Instead of cheese, add olives to salads
- Add 1 tbsp hemp seeds to hot or cold cereal
- Substitute chicken with salmon or trout 1-2x weekly
- Try unsweetened soy milk in place of cow's milk
- Instead of a store-bought dressing, try olive oil & balsamic vinegar on salads