

Choosing Fats and Oils Wisely



Unhealthy fats and oils raise your bad cholesterol. That can clog arteries and raise your risk for heart disease and stroke.

Which fats and oils are bad for us?

Saturated fat and trans fat can be bad for you.

What foods have saturated fat?

Saturated fat is mainly in meat, dairy products, and tropical oils, such as:

- ◆ Red meat (unless a lean cut)
- ◆ Poultry (unless white meat without skin)
- ◆ Pork
- ◆ Bacon grease or lard
- ◆ Chicken or turkey fat
- ◆ Beef tallow
- ◆ Canned shortening
- ◆ Stick margarine or butter
- ◆ Coconut or palm oil
- ◆ Cheese
- ◆ Cream
- ◆ Milk (whole and 2%)
- ◆ Eggs

What foods have trans fats?

Trans fats are solid fats at room temperature such as Crisco. They are mainly in fast food, restaurant, and store-bought baked and fried foods.

Read a product's ingredients list. Don't buy ones with hydrogenated or partially hydrogenated oil. These are trans fats.

These store-bought and restaurant foods may have hidden trans fats:

- ◆ Baked goods
- ◆ Pork rinds
- ◆ Chips and crackers
- ◆ Fried fish and chicken
- ◆ Tacos
- ◆ Pizza
- ◆ Fried okra, squash, potatoes

What fats and oils are better?

Unsaturated fats and oils are healthier.

What foods have unsaturated fats and oils?

Unsaturated fat is found in some fish, nuts, and oils made from plants, such as:

- ◆ Tree nuts, mainly walnuts
- ◆ Soft or liquid margarines
- ◆ Olives
- ◆ Fish (mainly salmon)
- ◆ Avocados
- ◆ Liquid vegetable oils

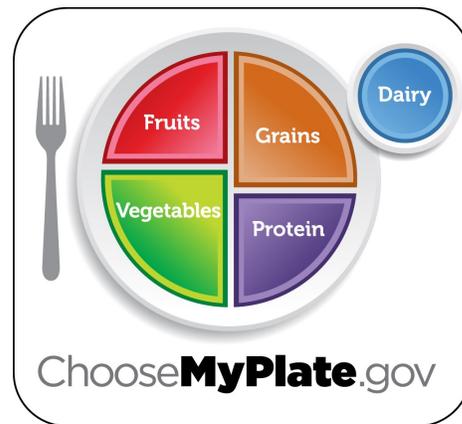


What foods should I eat to limit bad fat?

Follow the MyPlate picture for how much of different foods to eat.

Make vegetables, fruit, and grains most of what you eat. Make protein foods less of what you eat.

You should have about a cup a day of milk and dairy products. Limit cheese and other high-fat dairy products.



Enjoy...

- ✓ Fruit (1 serving a day)
- ✓ Green and dark-colored vegetables
- ✓ Beans, peas, lentils
- ✓ Lean cuts of red meat (round, chuck, sirloin, or loin)
- ✓ Fish, chicken, or turkey, skin off
- ✓ Pork tenderloin or loin chop
- ✓ Lamb leg, arm, or loin
- ✓ Whole grain cereal, buns, and tortillas
- ✓ Brown rice instead of white rice
- ✓ Healthy oils and fats
- ✓ Low-fat (skim or 1%) milk, yogurt, and cheese

Limit...

- ✗ Fried foods
- ✗ Fatty meats
- ✗ Foods with saturated fat
- ✗ Duck and goose
- ✗ Pizza, chips, crackers, cookies, and other high-fat snacks and treats
- ✗ Solid fats like shortening and lard
- ✗ High-fat dairy (whole or 2% milk, sour cream, ice cream, cheese)

Are there ways to cook to limit bad fats?

- ◆ Don't use butter, meat fats, or shortening to cook and bake. Use these oils:
 - Olive
 - Canola
 - Sunflower
 - Walnut
 - Corn
 - Safflower
 - Peanut
 - Avocado
- ◆ Use applesauce, mashed banana, or grated zucchini in baked goods to cut down oil.
- ◆ Add water and reduce oil when cooking food in skillet.
- ◆ Use skim or 1% milk and cheese when cooking.
- ◆ Grill, bake, or broil meat. Don't bread and fry.
- ◆ Use drip pan to drain off fat when cooking meat.
- ◆ Don't baste meat with drippings. Use a low-fat sauce, fruit juice, or wine.
- ◆ When making soups with meat: cook, chill in fridge and when cold, skim off hard fat.



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Source:
American Heart Association