

Fats-at-a-Glance

Saturated Fat

Found mainly in animal products, this is a fat to limit. Cream, whole milk, ice cream, beef, cheese, and butter are all examples. Skinless chicken or turkey or lean cuts of pork have low amounts of saturated fat and are good sources of protein. 1% or skim milk, low fat or fat free yogurt and limited amounts of hard cheeses (like parmesan or asiago) are good dairy choices. Saturated fat should be limited to less than 10% of your daily fat intake.

Trans-fats

This is a fat mainly found in processed foods and occurs upon manufacturing. It is also found in small amounts in butterfat and some meat products. Any food containing partially hydrogenated oils contains some trans fatty acids. Limit your processed foods, particularly crackers, cookies, cakes, pies, etc and look for trans fat on labels. There is no upper limit for trans fats; they should be avoided as much as possible. The FDA has banned all trans fats from foods by 2017.

So what fats should I eat?

Polyunsaturated and Monounsaturated fats are found in oils from plants.

Polyunsaturated fats include sesame, sunflower, safflower, corn and soybean oils. Many salad dressings are made with monounsaturated fat.



Monounsaturated fats include canola, olive, and peanut oils, peanut butter, nuts, and avocado.

What about things like salmon? Where does that fit in?

Salmon contains Omega 3 fatty acids, which have been shown to help those with elevated triglycerides. The American Heart Association recommends two servings a week of fish, particularly mackerel, lake trout, herring, sardines, albacore tuna and salmon.