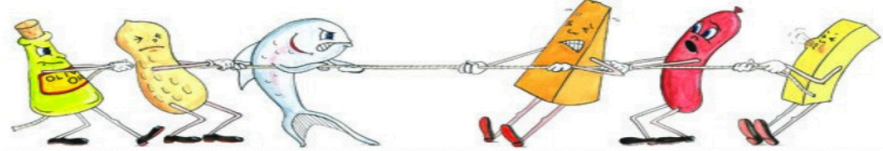


Fuss About Fats



Did you know?

- Foods high in saturated and trans-fat can raise your LDL cholesterol levels, which can lead to heart disease and stroke.
- Experts suggest consuming:
 - Less than 10% of calories as saturated fat or roughly 20 grams of saturated fat per day.
 - If you have had a heart attack or stroke, experts recommend less.
- Experts also suggest avoiding trans-fats.

Step 1:

Choose Healthy Fats

Use olive oil or canola oil for healthy fats.

The list of foods below is high in fat but low in saturated fats. These are the healthy fats.

- Peanuts and peanut butter
- Tree nuts like walnuts, almonds, pistachios, and pecans
- Other nut butters
- Avocadoes or guacamole
- Olives
- Olive oil, canola oil

Step 2:

Set weekly limits on the foods high in saturated fat.

For example, choose only three small servings of these items per week.

- Lard, butter, cheese
- Cream, ice cream, sour cream, whole milk, reduced fat (2%) milk
- Hamburgers and steak
- Lamb and pork
- Processed meats like bologna, salami, & pastrami
- Poultry with skin
- Sausage, bacon, ham, and ham hocks

Step 3: Avoid Trans-fats.

Read the label for trans-fat, also known as partially hydrogenated oils.

Trans-fats are found in processed foods such as:

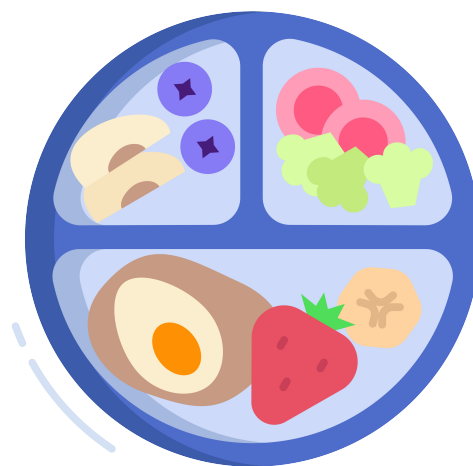
- pastries, cookies, doughnuts, cakes, pies, and candy
- Packaged snack foods like crackers, butter-flavored popcorn, and chips, energy or cereal bars
- Stick margarine
- Vegetable shortening

Trans-fats can be made during deep fat frying. So watch out for:

- Fried foods like chicken, French fries, breaded fish

How can I start?

- Fill your plate with beans, fruits, vegetables, and whole grain breads, rice and pasta.
- Replace snacks with fruits, vegetables and nuts.
- Try a meatless Monday dinner.
- Replace ground beef in recipes with cooked lentils, or beans.
- Try a meat substitute such as veggie burger.
- Air fry items that you would normally deep fry.



WELLNESS WACHers



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