

DIETARY FAT: THE GOOD, THE BAD AND HOW TO EAT THE RIGHT ONES

SOME FATS ARE GOOD, AND SOME FATS ARE BAD.

On any nutrition label, four different kinds of fat may be listed: trans, saturated, polyunsaturated and monounsaturated.¹ The differences in each fatty acid molecular structure determine how it will be digested and absorbed in the body.²



GOOD FATS	BAD FATS
<p>MONOUNSATURATED (OMEGA-9)</p> <p>Monounsaturated fats are liquid at room temperature and naturally occur in many foods.</p>	<p>TRANS</p> <p>Most trans fats are artificially produced as a result of partial hydrogenation, which is a process used to convert liquid oil to a solid.</p>
<p>POLYUNSATURATED (Omega-3, Omega-6)</p> <p>Polyunsaturated fats also are liquid at room temperature and naturally occur in many foods.</p>	<p>SATURATED</p> <p>Saturated fats are typically solid at room temperature and naturally occur in foods such as meat.</p>

CHOOSE GOOD FATS FOR IMPROVED HEALTH.

GOOD FATS HAVE POSITIVE HEALTH BENEFITS.

- Improve cholesterol levels, healthy nerve activity, vitamin absorption and cell development²
- Reduce risk of heart disease, stroke and diabetes²
- Maintain healthy immune system²

BAD FATS MAY NEGATIVELY INFLUENCE YOUR HEALTH.

- Increase 'bad' cholesterol (LDL)²
- Decrease 'good' cholesterol (HDL)²
- Increase risk of heart disease²

GOOD FATS ARE OMEGAS.

Monounsaturated and polyunsaturated fats can be known by another name: Omegas. Omega-3 and omega-6 fatty acids are polyunsaturated fat, and omega-9 fatty acids are monounsaturated fat.³

NAME	OMEGA-3	OMEGA-6	OMEGA-9
KNOWN AS	Polyunsaturated	Polyunsaturated	Monounsaturated
DIETARY SOURCE	Oils: canola, flax, soybean Nuts: walnuts Fish: oily fishes (herring, mackerel, salmon, trout, tuna) Other: algae, Omega-3 eggs	Oils: canola, corn, olive, peanut, safflower, soybean, sunflower Nuts: almonds, cashews, hazelnuts, peanuts, pecans, pistachios, walnuts Other: eggs	Oils: canola, olive, peanut, safflower, sunflower Nuts: almonds, cashews, hazelnuts, macadamias, peanuts, pecans, pistachios, walnuts Other: avocados, eggs, poultry

OMEGAS
←

GOOD FATS ARE FOUND IN FOODS YOU EAT EVERY DAY.

Health officials recommend that you consume 20-35% of calories from total fat.⁴ Here are targets for maximizing good fats within total fat intake:

- At least 10-25% of combined polyunsaturated and monounsaturated fatty acids^{4*}
- Less than 10% of calories from saturated fatty acids⁴
- Less than 1% trans fats⁴

**Range based on USDA recommendations for total calories from fat*

SUPERMARKET QUICK TIPS:

- Do not be deceived by “low fat” or “fat-free” claims. “Low fat” can also suggest “high sugar.”⁵ Fat is an important component of the diet, so choose products that include good fats.
- Look for ingredients such as canola oil or sunflower oil instead of partially hydrogenated oils, which indicates the presence of trans fats.¹

Nutrition labels, ingredient lists and front-of-pack messages can help you identify good fats.



6 grams (Total Fat)
 - **1 gram** (Saturated Fat)
 - **0 grams** (Trans Fat)

5 GRAMS
 combined
 Monounsaturated Fat and
 Polyunsaturated Fat

➤ To calculate good fats on a nutrition label, subtract grams of **trans** and **saturated fat** from grams of total fat on the nutrition label. The number you compute will indicate how many grams of combined **polyunsaturated** and **monounsaturated fats** are included.

GoodFats101.com



Reference Appendix

1. “Meet the Fats.” www.eatright.org. Academy of Nutrition and Dietetics, 25 Oct. 2011. Web. 24 July 2012. <http://www.heart.org/HEARTORG/GettingHealthy/FatsAndOils/MeettheFats/Meet-the-Fats_UCM_304495_Article.jsp>.
2. “Dietary Fatty Acids - Position of the American Dietetic Association and Dietitians of Canada.” www.eatright.org. Academy of Nutrition and Dietetics. Web. 24 July 2012. <http://www.eatright.org/About/Content.aspx?id=8353>.
3. Dow AgroSciences. Good Fats 101. Retrieved May 2, 2013 from <http://www.GoodFats101.com>.
4. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.
5. “Food Appendix A: Definitions of Nutrient Content Claims.” www.fda.gov. U.S. Food and Drug Administration, Oct. 2009. Web. 24 July 2012. <http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabeling/Nutrition/FoodLabelingGuide/ucm064911.htm>.
6. Canada’s Food Guide. Retrieved May 2, 2013 from <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>.