

Nutrition



Fact Sheet

Saturated Fats

Fat is an important part of a healthy, well-balanced diet. Fat is important in our diet to help produce hormone-like compounds, transport fat soluble vitamins, and protect vital organs. Most foods contain fat—saturated, unsaturated, and/or trans fat—and some fats are better for your health than others. Too much fat can negatively impact your health by adding excess calories, excess weight, and increasing your risk of heart disease.

What is saturated fat?

Saturated fat is a waxy substance usually found in animal products—including meats, cheeses, and dairy products. Saturated fat is typically solid at room temperature—butter, lard, shortening—as opposed to liquid at room temperature — olive oil, canola oil, and other vegetable oils. Saturated fats can also be found in tropical oils, such as palm oil and coconut oil. High saturated fat intake can increase your cholesterol levels, putting you at a greater risk of heart disease.

How much Saturated Fat should I eat? Saturated fat intake should be no more than 10% of your total daily calories. For instance, with a 2,000 calorie daily intake your saturated fat should be no more than 20 grams.

How much saturated fat is in that??

McDonald's Big Mac	10gm	1C 1% Milk	1.5gm	1 medium Apple	0gm
Bean & Cheese Burrito	11.5gm	1oz. Cheddar Cheese	4.4gm	6 Chicken Wings	10.5gm
1/4 Cup Almonds	1.4gm	1/2C Brown Rice	0.1gm	12 baby carrots	0gm

Eat More Often:

- fruits & vegetables
- whole grains
- nuts, seeds, legumes
- fish
- lean cuts of meat (sirloin, tenderloin, chuck)
- poultry without the skin
- low fat dairy products (yogurt, cheese, and milk)



Eat Less Often:

- fatty cuts of meat (T-bone, porterhouse, ribeye)
- full fat dairy products (whole milk, cream, cheese)
- heavily processed foods (baked goods, t.v. dinners)
- fried foods
- potato chips
- ice cream