

# DIETARY FATS

## THE GOOD, THE BAD & THE UGLY

# ~~DANGEROUS~~

Many people are confused about fats because of the mixed messages they have received about fats over the years. First, it is that all fats should be avoided, then most fats should be avoided, then only some fats were bad, etc. So, it is understandable that when you see food label ingredients showing Saturated fat, Trans fat, Polyunsaturated fat, and Monounsaturated fat, you may feel confused about what foods are healthiest for your family.

Fat is essential to many bodily processes: to aid in absorbing vitamins and minerals, building cell membranes, for energy, blood clotting, brain health, and more. But it is the type of fat you consume that promotes good health or puts you at risk for conditions such as heart disease, strokes, diabetes, high blood pressure, and other disorders. Monounsaturated fats and polyunsaturated are considered good fats, while industrial-made trans fats are bad fats. Saturated fats fall in the middle.

by B. K. Sugg



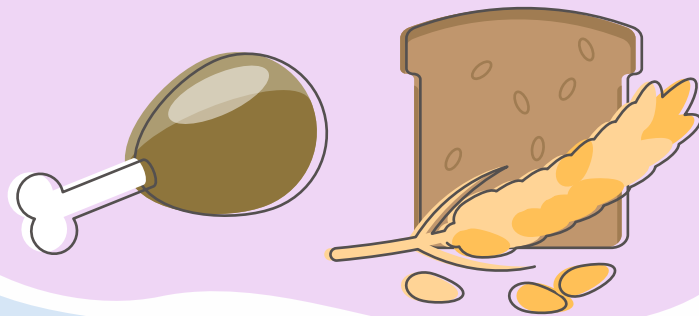
## GOOD FATS

- Oils
- Fatty Fish
- Avocados
- Nuts & Seeds



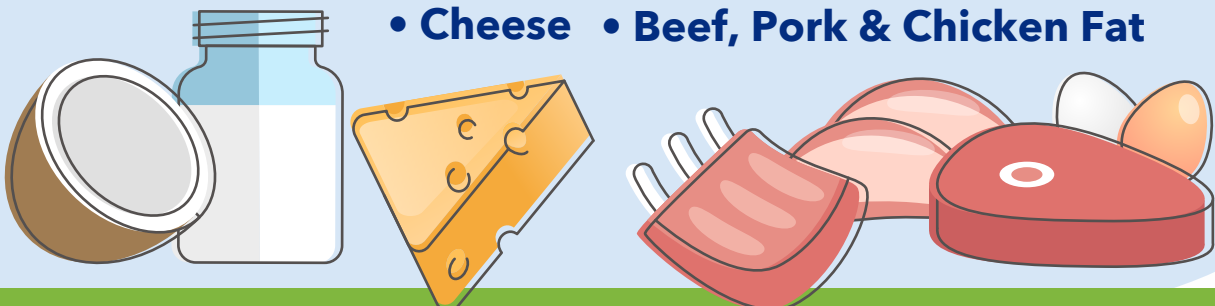
## FATS TO AVOID

- Partially Hydrogenated Oils
- Fried Foods
- Margarine
- Some Baked Goods



## FATS TO LIMIT

- Butter
- Tropical Oils
- Cheese
- Beef, Pork & Chicken Fat



## TRANS FAT

### THE WORST FOR YOUR BODY

When we think of “bad” fats, Trans fat is at the top of the list. Trans fat came about through the hydrogenation of vegetable oils, to keep them from going rancid.

Trans fats in food increase harmful LDL cholesterol, inflammation in the body, contributes to insulin resistance and other poor outcomes.

Trans fats are so harmful that in 2015, the FDA banned manufacturers from adding them to foods. But some levels of trans fats occur naturally in meat and dairy products and may still be in foods such as French fries and other fast foods as well as pastries, cookies, and baked goods. Even if the nutrition label on a product says 0 grams of trans fats per serving, there could still be up to half a gram per serving, and even small amounts are harmful. Where will you find Trans fat? Some examples include non-dairy coffee creamer, margarine, refrigerated dough (like biscuits and rolls), frozen pizza, fried foods and baked goods.

## UNSATURATED FATS

### THE “GOOD” FATS

Good fats are primarily found in vegetables, nuts, seeds and fish. There are two types of unsaturated fats: Monounsaturated fats (MUFAs) and Polyunsaturated fats (PUFAs).

*Monounsaturated fats* are liquid at room temperature and include oils such as olive, canola, peanut, and sesame oils. Foods containing monounsaturated fats are avocados, olives, nuts (peanuts, pecans, cashews, almonds, hazelnuts, macadamia nuts), and peanut butter.

*Polyunsaturated fats* are essential for normal body functions, but your body can't make them; you must get them from food. Omega-3 fatty acids and omega-6 fatty acids are the two main types of polyunsaturated fats, and both are beneficial to your health. PUFAs reduce harmful LDL cholesterol and lower triglycerides but raise HDL healthy cholesterol and may even help prevent or treat heart disease and stroke. Food that are a good source of omega-3 fatty acids are fish such as salmon, sardines, mackerel, trout, and flaxseed, walnuts, and canola oil. Also pumpkin, sesame, and sunflower seed.

## SATURATED FATS

### OK IN LIMITED PORTIONS

Although saturated fats are now considered less harmful than once believed, doctors and scientists recommend limiting your daily intake. Sources of saturated fat are red meat, whole milk and whole-milk dairy products, cheese, coconut oil, ice cream, and some commercially-prepared (ready to eat) baked goods. Eating too much saturated fat can “tip” the balance toward harmful LDL cholesterol, so experts recommend limiting your daily intake to under 11-16 grams per day.

One caveat to consider is that consuming healthy fats does not mean consuming unlimited amounts. Consuming excess calories even with healthy foods leads to unwanted weight gain. Although research continues to evolve concerning good fats and bad fats, the best way to ensure that you are consuming healthy fat is to read the ingredient and nutrition labels on foods when available

Sources: Harvard Medical School ([health.harvard.edu](http://health.harvard.edu)), American Heart Association ([heart.org](http://heart.org))





# Pumpkin Pie Chia Pudding

Recipe by Natalie Thomas

*Get ready for full-on fall flavors in this great (and healthy) treat! This recipe serves up healthy fats along with pumpkin pie goodness, without all the sugar! For the full original recipe, along with other healthy and vegan recipes by Natalie, visit her blog, Feasting on Fruit at [feastingonfruit.com](http://feastingonfruit.com).*

## INGREDIENTS

- 1 1/4 cup non-dairy milk
- 1/4 cup chia seeds
- 6 pitted medjool dates
- 1/3 cup pumpkin puree
- 1/2 tsp pumpkin pie spice
- Optional: add coconut sugar to taste

## INSTRUCTIONS

1. Blend the milk, chia seeds, dates, pumpkin, and pumpkin pie spice on high for 20-30 seconds.
2. Scrape down the sides to get all the chia seeds back in the mix.
3. Let it sit in for 15-20 mins.
4. Blend again for 20-30 seconds on high until smooth and creamy.
5. Eat immediately or pour into an airtight container and refrigerate. Keeps for 2-3 days in the fridge.

Source: <https://feastingonfruit.com/creamy-pumpkin-spice-chia-pudding/>

