

# THE FACTS ON FAT

## Eating fat is essential

- It provides energy.
- It helps absorb and transport vitamins A, E, D and K.
- It helps transmit nerve impulses.
- It helps produce hormones.

## Tips for choosing fat

- Consume lean meats, poultry and fish.
- Avoid frying foods. Instead, bake, broil, sauté, or grill.
- Use fat-free or reduced-fat dairy products.
- Limit the use of butter, lard, and shortening and reach for liquid oils.

## Fat facts

- All fats have nine calories per gram. More than twice the calories in protein and carbohydrate.
- Consuming extra fat can lead to excessive calorie consumption.
- Solid fats contain more saturated and/or trans fats than oils.

## Types of fat

### Saturated fat

- Is usually solid at room temperature.
- Raises “bad” cholesterol which can increase risk for heart disease.
- Found in meat, butter, whole milk and palm and coconut oils.

### Trans fat

- Found in products such as crackers, cookies, cakes, frozen pies and snack foods.
- Raise “bad” cholesterol and increase risk for heart disease.

### Unsaturated fat

- Monounsaturated (canola, olive, peanut) and polyunsaturated (corn, safflower sunflower) oils are unsaturated fats.
- Lowers “bad” cholesterol and risk for heart disease.
- Most of the fat you eat should be unsaturated.

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