

Fats

- 1. Switch to fat-free or low-fat milk.** Fat-free & low-fat milk have the same amount of calcium & other essential nutrients as whole milk, but less fat & calories. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.
- 2. Make major sources of saturated fats such as desserts, pizza, cheese, sausages & hot dogs occasional choices, not every day foods.**
- 3. Switch from solid fats to oils when preparing food.**
- 4. Use fats & oils sparingly.** Olive, canola, & peanut oils, avocados, nuts & nut butters, olives, & fish provide heart-healthy fat as well as vitamins & minerals.
- 5. Healthy fats help control cravings.** Because fat is so dense in calories, a little goes a long way in making you feel full. Small amounts of good fats like nuts or seeds make great satisfying snacks.
- 6. Don't cut fat.** You need fat in order to absorb certain vitamins. Many important vitamins - including vitamins A, D, E, & K - are fat-soluble, meaning you need fat in your system in order to absorb them.
- 7. Healthy fats promote healthy pregnancies.** When you're pregnant, both you & your growing baby need healthy fat to feel your best. Fat is especially important to your baby's developing brain & nervous system.
- 8. Healthy fats boost your brain power & mood.** Fats are essential to healthy brain function. They put you in a good mood & keep you mentally sharp.
- 9. Foods rich in healthy fats include: olive & canola oil, olives, nuts, fish & seafood, peanut butter, avocados**
- 10. Fat free doesn't mean healthy.** A "fat-free" label doesn't mean you can eat all you want without consequences to your waistline. Many fat-free foods are high in sugar, refined carbohydrates, & calories.

11. Don't go no-fat, go good fat. If you are concerned about your weight or heart health, rather than avoiding fat in your diet, try replacing saturated fats & trans fats with good fats. This might mean replacing some of the meat you eat with beans & legumes, or using olive oil rather than butter.

12. A good fat can become bad if heat, light, or oxygen damages it. Polyunsaturated fats are the most fragile. Oils that are high in polyunsaturated fats (such as flaxseed oil) must be refrigerated & kept in an opaque container. Cooking with these oils also damages the fats. Never use oils, seeds, or nuts after they begin to smell or taste rank or bitter.

13. The biggest risk factor for developing diabetes is being overweight, but not all body fat is created equal. Your risk is higher if you tend to carry your weight around your abdomen as opposed to your hips & thighs. A lot of belly fat is stored deep below the skin surrounding the abdominal organs & liver, & is closely linked to insulin resistance & diabetes. Experts say that losing just %5 to %10 of your total weight can help you lower your blood sugar considerably, as well as lower your blood pressure & cholesterol levels.

