

Fats – Healthy FOOD SPIRAL™

Why are fats important?

- **Fats**- carry fat soluble Vitamins: A, D, E, and K.
- **HDL**- Good Cholesterol; carries excess fats away.
- **LDL**- Bad Cholesterol; deposits fats and clogs arteries.
- **Fatty Tissues** – protects the body's organs, i.e. Pancreas, and Stomach.
- **Fat**- provides flavor and calories.



Factors & Serving Sizes:

- **Go- 1 Factors**- 2 t. or 2 T. = 2 t. Canola Oil, 2 t. Peanut Oil and 2 t. Olive Oil, 2 T. or 1 oz. Avocado, 2 T. Almonds, 2 T. Light Margarine or 2 T. Light Salad Dressing.
- **Caution- 2 Factors**- 1 t. or 1 T. = 1 T. Mayonnaise, 1 t. Soy Oil, 1 t. Safflower Oil, 1 t. Corn Oil, 1 t. stick, tub or squeeze margarines, 1 T. Pumpkin & Sunflower Seeds.
- **Stop- 3 Factors**- 1 t. = 1 t. Beef fat, 1 t. Butter, 1 t. Lard, 1 t. Shortening, 1 Slice Bacon, 1 t. Coconut Oil, 1 T. Coconut, 1 T. Sour Cream and 1 T. Cream Cheese.




Facts

- **All Fats have 9 calories per gram, 5 grams of fat and 45 calories per teaspoon.**
- **Monounsaturated Fats**- lowers LDL levels (low density lipoproteins/Bad Cholesterol), olive, peanut, and canola oils.
- **Polyunsaturated Fats**- Lowers levels of LDL and HDL (high density lipoproteins/Good Cholesterol); soy, vegetable and corn oils.
- **Saturated Fats**- Raises LDL in the blood; lard, bacon, ham hocks, and meat grease.

What can I do?

- **See Registered Dietitian**- for help as needed.
- **See Food Fitness First Registered Dietitian**- on line for help.
- **Goal** – Less than 30% of total calories per day from fat or about 50 grams per day.



 Go Foods	1 Factor	 Caution Foods	2 Factors	 Stop Foods	3 Factors
2 t. or 2 T. per serving		1 t. or 1 T. per serving		1 t. or 1 T. per serving	
2 T. Lite Honey Dijon Dressing		1 T. 80% soft Whipped Margarine		1 t. Coconut Oil	
2 T. Light Mayonnaise Kraft		1 T. Mayonnaise		1 t. Chicken, Turkey, Beef, or Meat Fat	
2 T. Whipped Margarine Light		1 T. Blue Cheese Salad Dressing		1 t. Butter or Lard	
2 T. Natural or Organic Peanut Butter		1 t. Poppy seed and Corn Oil		1 t. Shortening	
2 T. Lite Salad Dressings		1 t. Safflower and Soy Oil		1 oz. Fat Back	
2 t. Canola Oil		1 T. Regular Peanut Butter		1 T. Whipped Butter	
2 t. Olive Oil		1 T. Thousand Island Dressing, French and Ranch Dressing		1 T. Sour Cream	
2 t. Peanut Oil		1 T. Lite Cream Cheese & Sour Cream		1 T. Cream Cheese	
2 T. Avocado		1 T. Seeds (All Seeds)		1 T. Coconut	
2 T. Olives (8 large Olives)		1 T. Peanut Butter- Creamy or Chunky		1 slice Bacon	
2 T. Nuts (All Nuts)				1 T. Chitterlings	

FF = Fat Free

oz. = ounce

in. = inch

mg. = milligram

T. or Tbsp. = Tablespoon t. = teaspoon

gm. = gram