

# NUTRITION TO GO

You need fat in your diet every day, and some fats are healthier than others. Healthy fats give your body energy, protect your heart, keep your brain healthy, and help absorb some vitamins. Healthy fats, also known as "unsaturated fats", are typically liquid at room temperature. They help your heart and lessen your risk for heart disease. Unhealthy fats, also known as "saturated" and "trans-fats", are solid at room temperature. They can increase your risk for heart disease and raise "bad" cholesterol levels. See below to find which foods to choose more often.

## Choose Often: Plant Foods & Fish

Healthy Fat Foods



Nut Butters



Avocados

Olive Oil & Canola Oil



Fatty Fish  
(salmon, sardines, trout, and tuna)



Nuts & Seeds

## Choose Less Often: Animal-Based Foods and Shortening

Unhealthy Fat Foods



Butter or Margarine



Fried Food



Full-Fat Dairy



Shortening  
(pastries, donuts)



Beef, Chicken with Skin, or Pork Fat

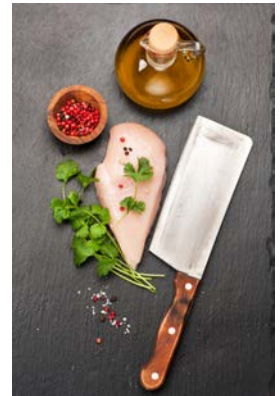
## What are trans fats?

This picture shows that trans fats can be hidden in food even if it is not on the label. Products can be labeled "trans-fat free" if they contain less than a certain amount per serving. So, read the ingredients list on a food product carefully. Limit foods that contain "**partially hydrogenated oil**" in them. That is a form of trans fat.

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size	4 cookies (32g)	Total Fat	7g 11%	Total Carb.	20g 7%
Servings	9	Sat. Fat	4.5g 23%	Dietary Fiber	1g 4%
Calories	150	Trans Fat	0g	Sugars	10g
Calories from fat	60	Cholest.	0mg 0%	Protein	2g
		Sodium	115mg 5%		
		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%			
<b>INGREDIENTS:</b> Enriched flour, riboflavin, sugar, <b>partially hydrogenated vegetable oil</b> ,					

## ♥ Tips for a Healthy Heart ♥

- Use oil instead of butter when cooking. For example, sauté with olive oil or canola oil for a healthier fat choice.
- Eat fish like canned or fresh salmon or tuna at least once a week.
- Choose lean meat and skinless poultry. Trim the fat you see from meat and remove the skin from poultry.
- Increase your fiber intake throughout the day by adding whole grains, fruits, and vegetables to your plate. Fiber acts as a sponge to soak up "bad" cholesterol and remove it from your body.
- Flavor vegetables with herbs and spices instead of butter or margarine.
- Being physically active is important for heart health. Try to exercise for at least 30 minutes each day. Examples of exercise are walking, yoga, chair exercises, stretching, stationary biking, and swimming.



For recipes & information about preparing healthy foods, visit [web.uri.edu/SnapEd](http://web.uri.edu/SnapEd)