

PLEASE TEAR OFF A SHEET

GO FURTHER WITH... *Healthy Fats*

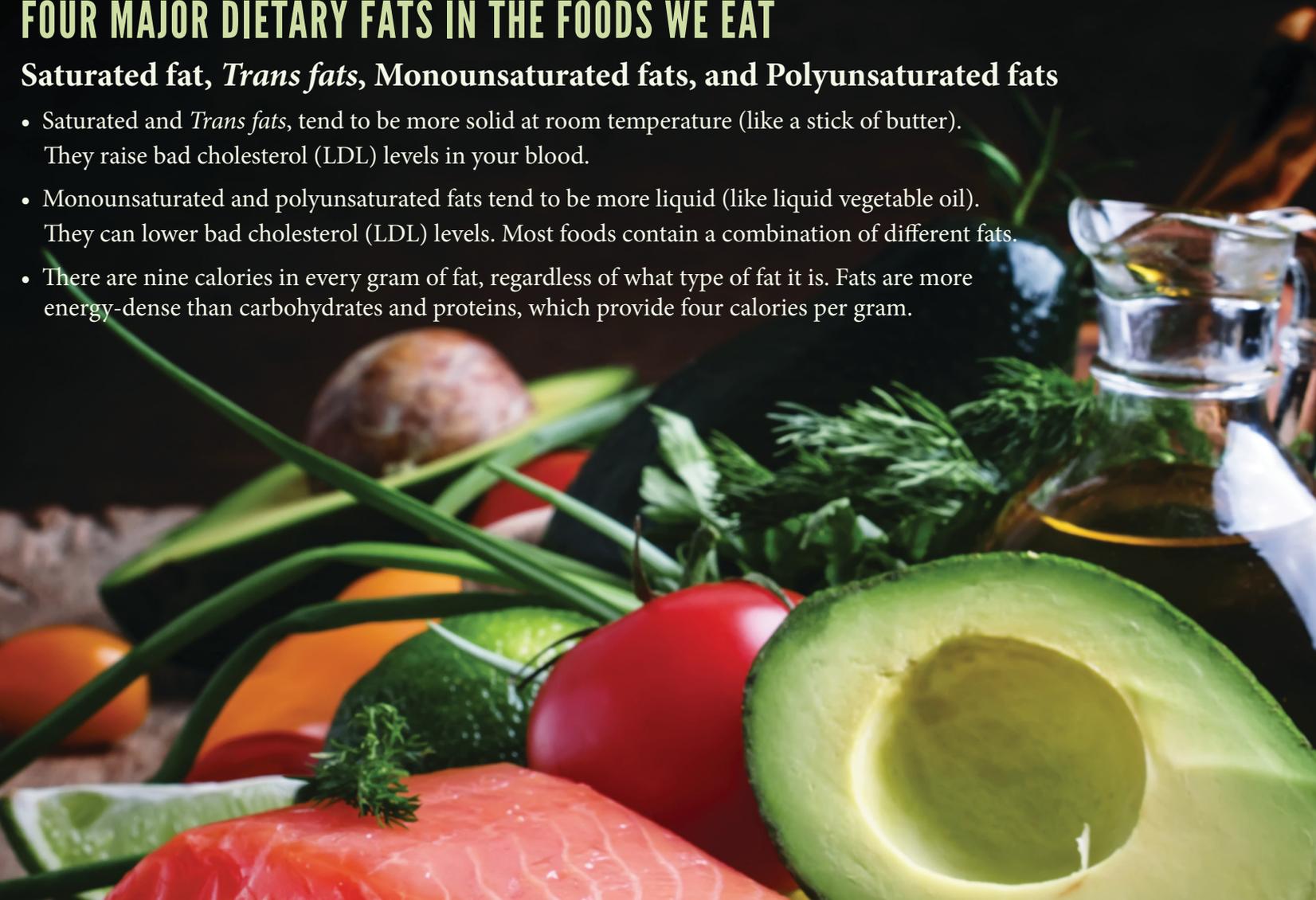
ESSENTIAL NUTRIENT - JUST NOT TOO MUCH!

- Dietary fat promotes a healthy, functioning body. Fat is an essential nutrient necessary for energy, healthy-looking skin, and hair.
- Fat plays a role in the absorption of the fat-soluble vitamins: A, D, E and K. Fats also help you absorb certain antioxidants. Research backs up what your taste buds have known all along: *sautéing vegetables in a little olive oil are preferable to boiling them.*
- Essential fatty acids support eye and brain health, control inflammation, and help with blood clotting. They're called "essential" because you need to get them from foods that you eat such as fatty fish, seeds and olive oil.

FOUR MAJOR DIETARY FATS IN THE FOODS WE EAT

Saturated fat, *Trans fats*, Monounsaturated fats, and Polyunsaturated fats

- Saturated and *Trans fats*, tend to be more solid at room temperature (like a stick of butter). They raise bad cholesterol (LDL) levels in your blood.
- Monounsaturated and polyunsaturated fats tend to be more liquid (like liquid vegetable oil). They can lower bad cholesterol (LDL) levels. Most foods contain a combination of different fats.
- There are nine calories in every gram of fat, regardless of what type of fat it is. Fats are more energy-dense than carbohydrates and proteins, which provide four calories per gram.



CHECK THE OILS, BE NUTTY, GO FISH, AND ADD AVOCADOS!

- Go for canola, corn, olive, peanut, safflower, sesame, sunflower, and other oils with unsaturated fats.
- Add almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds, and walnuts to your plate in whole or butter form.
- Try fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon!
- Avocados are a unique fruit in that they have both monounsaturated and polyunsaturated fats. In fact, over 75% of the fat in an avocado is considered “good fat.”

DIETITIANS ARE ADVOCATES FOR AVOCADOS!

- Avocados are loaded with dietary fiber, vitamin B6, vitamin C, vitamin E, vitamin K, magnesium, and folate. One avocado contains about 700 mg of potassium. In fact, avocados have more potassium than bananas!
- When buying avocados, pick fruits that have firm skins, but which yield to gentle pressure and have no soft spots. Fresh avocados do not ripen on the tree; they ripen or “soften” after they have been harvested. Although skin color can help in the initial visual selection of fresh avocados, it is not always the best indicator for ripeness.
- Put unripe avocados in a paper bag at room temperature and they will ripen in the next 2-5 days. If you want them to ripen more quickly, add a banana or apple to the bag.
- Try slicing and spreading 2 Tbsp. of avocado on your sandwich instead of mayonnaise or butter. This will save you almost 40 calories! Yes, you get the fat, but it’s definitely a better-for-you fat than those other spreads. And you really can’t beat the flavor it adds.
- This website <https://loveonetoday.com> is dedicated to providing avocado tips and nutrition information for all! *Buy an avocado and enjoy learning!*

IT’S ABOUT CHOOSING WISELY AND NOT ABOUT REMOVING!

- Dip your bread in olive oil rather than slathering it with butter.
- Choose lean protein. Choose leaner cuts of meat. Trim excess fat, and remove skin from poultry. Maintain portion sizes of 3 ounces or less.
- Reduce the amount of high fat baked goods you eat.
- Substitute flavored vinegars for salad dressings; cook with less fat; eat fewer fried foods.
- Eat fruits, vegetables, whole grains, and low-fat dairy products!



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