



# Healthy Eating

## Nuts, Oils, Dressings and Spreads

### Eating fats

There are 3 types of fat:

1. **Healthy fats** in vegetable oils, nuts, dressings, and fish
2. **Unhealthy fats** (trans fats) in stick margarine, shortening, and some packaged snack foods or restaurant fried foods
3. **Other fats** (saturated fats) in beef, pork, and dairy



- ➡ Eat foods with healthy fats each day.
- ➡ Avoid foods with unhealthy fats.

### What do we mean by healthy fats?

Healthy fats mostly come from plants or fish.

- Oils, like canola, soybean, corn, olive, and peanut
- Fish
- Nuts and nut butter
- Trans fat free margarine (in a tub)
- Mayonnaise (full fat)



## How much healthy fat should I eat?

- Each day, eat 2-6 servings of foods that are high in healthy fats.



## What do we mean by unhealthy fats?

Unhealthy fats also are called trans fats. Trans fats can cause heart disease. You find them in:

- Stick margarine
- Most shortening
- Some packaged snack foods
- Some restaurant fried foods

## How much unhealthy trans fat can I eat?

- Eat as little trans fat as possible.
- Read food labels. Avoid foods that have “partially hydrogenated” or “hydrogenated” oil.

## What about fats in meat and dairy?

- Avoid processed meats like bacon, sausage, hot dogs, bologna, and deli meat. They may increase risk of heart disease and cancer.
- Eat other meat and dairy foods in moderation.



## Summary

- Eat healthy fats every day.
- Make a plan to get rid of all trans fats!
- Trans fats are mostly found in stick margarine, shortening, snack foods, and cooking oils used in restaurants.



## Goals

**Check one or two goals to start working on!**

**Eat 3 or more servings of nuts or peanut butter each week**

- A serving of nuts is a handful.
- A serving of peanut or other nut butter is 2 tablespoons.

**Choose trans fat free margarine**

- Use margarine in a tub or squeeze bottle that says trans fat free.
- Do not use stick margarine. It can be high in trans fats.

**Cook with healthy oils**

**Healthy oils for  
low to medium heat**

- Canola oil
- Olive oil

**Healthy oils for  
medium to high heat and deep frying**

- Peanut oil
- Soybean oil
- Sunflower oil
- Corn oil

**Eat 3 or more servings of healthy salad dressing each week**

- Regular store-bought salad dressings have vegetable oil. Avoid fat-free dressings that often have extra salt and sugar.
- You also may want to try salad dressings with lower sodium (less than 350 mg per serving).