

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.
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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).
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