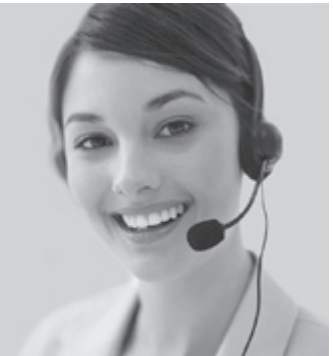


"It was great to talk with you.

Thank you for your interest in learning about the fats you eat.
I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I'm ready to help in any way I can."



What we know about the healthiest way to eat has evolved over the years. Experts used to recommend a low-fat diet to help prevent heart disease, stroke, and type 2 diabetes. We now know that it is best to focus mostly on the *type of fat*.

Below are some questions and answers to help you understand the basics about the fats you eat.

How much fat should I eat?

Eating some fat is essential for your health. Fat is a major source of energy. It helps keep your skin and hair healthy and helps your body absorb vitamins A, D, E, and K. It is also important for brain health, blood clotting, and controlling inflammation.

Eating what are called "healthy fats" is linked to a lower risk of heart disease, stroke, and type 2 diabetes.

Experts recommend that you keep your total fat intake to 20 to 35 percent of your daily calories. On average, American adults eat about 30 to 35 percent

Staying within the recommended range for fat intake can help you lose excess weight. Fat contains more than twice the calories of carbohydrates (sugars and starches) or protein. So watching the amount of fat you eat can go a long way toward helping you eat fewer calories. Keep in mind that a calorie is a calorie. To lose weight, it is important to eat fewer calories from *all* foods.

Would you like to know how much fat you eat? Talk with your health coach about how to track fat grams.



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What You Should Know About the Fats You Eat

What fats are “unhealthy?”

There are two types of “unhealthy” fats. Both are solid at room temperature.

- **Saturated fat.** This is found in animal foods and tropical oils, such as:
 - High-fat dairy products and foods that contain them. Examples: regular cheese, cheese pizza, cake, cookies, pies, pastries, ice cream, and whole or 2-percent milk (butter). Note: The fat in whole or 2-percent milk is solid fat dispersed in the milk through homogenization.
 - Fatty meats and foods that contain them. Examples include sausage, hot dogs, bacon, ribs, hamburgers, most deli/luncheon meats, and mixed dishes that contain beef or chicken fat.
 - Palm oil, palm kernel oil, and coconut oil.

Note: The term “saturated” refers to how much hydrogen is in the fat’s chemical structure. The more solid a fat is at room temperature, the more saturated it is.

Limit saturated fat to less than 10 percent of your daily calories. A man who eats 2,000 calories per day would limit saturated fat to less than 22 grams per day. Talk with your health coach if you would like a personal goal for saturated fat.

- **Trans fat.** Food companies make *trans* fats by pumping hydrogen into oils to make them solid at room temperature. This is called “hydrogenation.” It is being used less often, but *trans* fat is still found in some processed foods, such as:
 - Foods made with “hydrogenated” or “partially hydrogenated” oils (check the ingredient list on the label).
 - Stick margarine.
 - Some snack and convenience foods. Examples include microwave popcorns, snack mixes, frozen pizza, refrigerated dough, ready-to-use frostings, nondairy creamers, shortening, commercial baked goods, fried/deep fried foods, and fast foods.

Avoid *trans* fat as much as you can. It is the unhealthiest type of fat.

What fats are “healthy?”

Healthy fats are liquid at room temperature. They are often called “oils,” although they are found in some solid foods. They include:

- **Monounsaturated and polyunsaturated fats.** These fats are found in vegetable oils (except for palm or coconut oil), nuts, and seeds. Examples include:
 - Olive, canola, and peanut oils.
 - Corn, safflower, soybean, and cottonseed oil.
 - Avocados and olives.

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What You Should Know About the Fats You Eat

- Almonds, cashews, pecans, peanuts, and walnuts.
- Peanut butter and other nut butters.
- Soft (tub or liquid) margarine, mayonnaise, and salad dressings.
- Sesame, pumpkin, and sunflower seeds.
- **Omega-3 fats.** This is a special kind of polyunsaturated fat. Omega-3s are found in fatty fish; nuts and seeds, including walnuts and flaxseed; and canola and flaxseed oils.
 - Fatty fish, such as salmon, mackerel, lake trout, herring, and sardines
 - Walnuts
 - Ground flaxseed and chia seeds (Salvia)
 - Canola and flaxseed oils

Talk with your doctor before taking omega-3 supplements, such as fish oil or flaxseed oil capsules. They can cause bleeding problems.

What about cholesterol?

Cholesterol is neither a solid fat nor oil. It is a waxy, fat-like substance found in both animal-based foods and the bloodstream. Plant-based foods contain no cholesterol.

Foods that are high in cholesterol include:

- Fatty meats.
- Liver and other organ meats.
- Egg yolks (egg whites contain no cholesterol).
- High-fat dairy products such as cheese, whole and 2-percent milk, cream, and ice cream.

You may be surprised that cholesterol in the diet has little effect on the levels of cholesterol in the blood. Saturated and *trans* fats in foods raise your blood cholesterol.

However, the Dietary Guidelines recommend that you **eat as little cholesterol as possible** while following a healthy eating pattern. In general, by limiting foods that are high in saturated fat, such as fatty meats and high-fat dairy products, you will limit most foods that are high in dietary cholesterol.

Egg yolks and some shellfish are relatively high in dietary cholesterol but not saturated fat. Eggs and shellfish can be consumed along with a variety of other choices as part of a healthy eating pattern.

Talk to your doctor if you have questions about how much to limit dietary cholesterol.

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What You Should Know About the Fats You Eat

What can food labels teach me about the fats I eat?

The Nutrition Facts label lists total fat and each type of fat in one serving of the food.

Keep in mind that the serving size on the label may not be the amount you eat. If you eat twice the serving size on the label, you will be getting twice the amount of fat listed on the label.

Percent Daily Value can help you keep your total fat and saturated fat in check. Foods with **5 percent or less of the Daily Value for total fat and saturated fat** are considered to be low in those nutrients. (Note: *trans* fats, monounsaturated fats, and polyunsaturated fats do not have a percent Daily Value.)


What's the bottom line?

Even a small amount of any fat is concentrated in calories. So adding healthy fats to your meals and snacks could cause you to eat too much total fat and calories and gain weight.

Experts recommend that most Americans *replace* the unhealthy fats they eat with healthy ones. Research has shown that doing this can lower the levels of “bad” cholesterol (LDL) and triglycerides in the blood, which will lower the risk of heart attack, stroke, and type 2 diabetes.

For example:

- Eat “meatloaf” or burgers made with salmon, tuna, or legumes (cooked dried beans, peas, or lentils, such as black beans) instead of ground beef.
- Use oil or soft (tub) margarine instead of butter or stick margarine.
- Add a tablespoon or two of nuts or seeds to a salad instead of bacon or cheese.



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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What You Should Know About the Fats You Eat

Take Action

Check when completed	
<p>My SMART* goal for this week</p> <p>Do your best to reach the SMART* goal you set with your health coach. Write it below. Check the box when you have completed it.</p> <hr/> <hr/>	<input type="checkbox"/>
<p>Staying on the path to wellness</p> <p>When you are ready, choose one or two ways you could replace unhealthy fats with healthy ones. Set a weekly SMART goal for each one. Write your goals below. Check the boxes when you have completed them.</p> <p>SMART goal 1:</p> <hr/> <hr/> <p>SMART goal 2:</p> <hr/> <hr/>	<input type="checkbox"/> <input type="checkbox"/>

*SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, “On Saturday, I will buy some walnuts. I will add a few to the salads I pack for lunch this week instead of cheese.”

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

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What You Should Know About the Fats You Eat

The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.

Source:

- Dietary Guidelines for Americans 2015-2020, Eighth Edition. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>. Accessed February 1, 2018.



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