

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

FAT OR FOE

Along with carbohydrates and protein, fat is considered a macronutrient that serves three basic functions:

Long Lasting Energy: Fat contains 9 calories per gram, compared to the 4 calories per gram carbohydrates and protein provide.

Regulation: Fat serves as a natural regulator for the body. For example, fat assists in regulating hormones, and is responsible for creating testosterone and estrogen.

Protection: Layers of fat are formed around vital organs for protection.



Fat is an important component to the body, but the type of fat you eat is also important. Some fats are essential and you cannot survive without them.

TYPES OF FAT

What should I be looking for?

Total Fat - Most experts believe you should get no more than 25% of total daily calories from fat. For someone who weighs 160 pounds, that would be about 72 grams per day.

Saturated Fat - This type of fat is linked to obesity and heart disease. No more than 10 percent of your calories should come from saturated fats. For the average person, this is between 7-10 grams per day.

Trans Fat - Avoid trans fat found in any food product. It has been shown to increase cholesterol and is linked to cardiovascular disease.

MONOUNSATURATED AND POLYUNSATURATED FATS

Monounsaturated fat is the primary fat found in:

- Olive, canola, and sesame oils
- Avocados
- Nuts, such as almonds, cashews, and pistachios; peanuts and peanut butter

Polyunsaturated fat is prevalent in:

- Corn, cottonseed, and safflower oils
- Sunflower seeds and sunflower oil
- Flaxseed and flaxseed oil
- Soybeans and soybean oil
- Tub margarine
- Seafood

OMEGA FATTY ACIDS

Omega-6 and Omega-3 fatty acids are found in foods including nuts, some fruits, vegetables, and various types of coldwater fish.

Some research has shown that omega-6 and omega-3 fatty acids can boost the immune system and help protect from mental health disease, such as Alzheimer's disease.

Other benefits of these fatty acids include a reduced risk of heart disease and stroke. Research shows it can reduce hypertension, depression, attention deficit hyperactivity disorder, joint pain and other rheumatoid problems, as well as certain skin ailments.



WHAT'S THE SKINNY OF FAT?

In 2002, the Institute of Medicine concluding that there is no safe level of trans fats. This research finally prompted the Food and Drug Administration to require that trans fats be listed as part of the Nutrition Facts food label. This decision came after several years of hearings, comments, and negotiations. For complete health awareness, it is important to know what type of fat you are consuming, rather than just counting the total grams of fat.



KNOW YOUR FAT

Although the different types of fat seem confusing and varied, there is a clear connection with their effect on health and disease. To make things simple: limit the bad fats and introduce more good fats. Try to reduce both the trans and saturated fats in your diet as much as possible and replace them with polyunsaturated and monounsaturated fats.

NUTRITION LABEL BREAKDOWN

Nutrition Facts

Serv. Size 1 Packet (1.6g)
Makes 16.9 fl oz
Servings Per Container 10

Amount Per Serving

Calories 5

% Daily Value*

Total Fat 0g 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Sugars 0g

Protein 0g

Total Fat: The total amount of good and bad fats combined in one serving of this food.

Serving Size: The amount of food referred to in the information.

Servings Per Container: The number of servings in the entire product or package.

Calories From Fat: The total number of calories from fat in one serving of this food.

Percent Daily Values: Shows how a food fits into an overall daily diet based on a daily intake of 2,000 calories.

Saturated Fat: The weight of saturated fat (in grams) in one serving of this food.



RESOURCES

Applegate L, Ph.D., Nutrition Basics: For Better Health and Performance. P 101-102. 2004

www.webmd.com

www.heart.org

For more information visit www.WellnessCoachesUSA.com