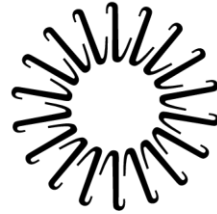


# Fats & Oils



## **Lifespan Cardiovascular Institute**

**Rhode Island Hospital • The Miriam Hospital  
Newport Hospital**

*Delivering health with care.®*

The Center For Cardiac Fitness  
Cardiac Rehab Program  
The Miriam Hospital

# Objectives:

1. Where are we at (Problem)?
2. What is fat?
3. Where do we need to be (Ideal)
4. Making healthier choices

# Where are we at?

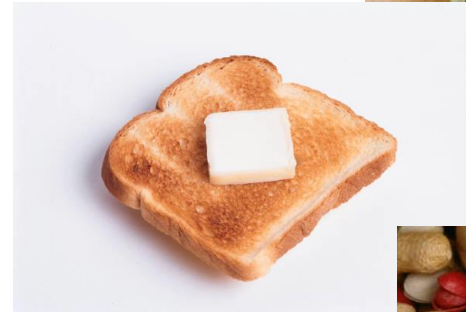
- Typical American diet includes 100% more than the recommended amount of unhealthy fat.
  - Unhealthy or solid fat = Saturated and Trans Fat:
    - Found in animal fat (meat, poultry, dairy, etc), fried foods, and processed food products
    - Raises total cholesterol, LDL and lowers HDL, and contributes to obesity
- Typical American diet is 40 % lower in healthy fats and oils than recommended
  - Healthy fats and Oils = monounsaturated and polyunsaturated fats
  - Found in plant based fats and fish (olive oil, nuts, avocados, etc)
  - Lowers total cholesterol, LDL and can raise HDL

# Fat is Essential

- Source of energy
- Healthy cell membranes and nerves
- Cushion and protect organs
- Provides insulation from the cold
- Carrier of fat soluble vitamins
- Healthy skin
- Food flavor and palatability
- Satiety

# What is fat?

- Different types of fat
  - Essential fats:
    - Omega -6 (linoleic)
    - Omega – 3 (alpha-linolenic)
  - Nonessential fats:
    - Saturated fat
    - Trans fat
    - Polyunsaturated fat
    - Monounsaturated fat



# Where are fats in my diet?

- Foods contain a mix of saturated and unsaturated fats
- Fats are found in:
  - all animal products including dairy
  - plant foods
  - baked goods
  - many processed foods

How do we know if a food contains fat?

# Where do we need to be?

Calories	Fat Grams		Calories	Fat Grams
1,200	27 – 47 grams		1,800	40 – 70 grams
1,500	33 – 58 grams		2,000	45 – 78 grams

- saturated fat: 7 – 10% of calories or 1/3 of the total fat grams per day
- Trans fats: as little as possible
- How do you know how much fat is in your food?

Type of fat	Effect on cholesterol	Dietary sources	Daily limit
Saturated Fats	↑ TC & LDL ↓ HDL ↑ heart disease risk	Animal sources like meat & dairy, and palm oil	< 7% of total calories (15 g)
Trans Fats	↑ TC, LDL ↓ HDL ↑ heart disease risk	Baked goods, fried food, snacks, stick margarine, veg. shortening	< 1% or none of total calories (2g)
Monounsaturated Fats	↓ TC, LDL No affect on HDL ↓ heart disease risk	Olive, canola & peanut oils, most nuts & avocado	25 – 35% total calories (up to 65g)
Polyunsaturated Fats	↓ TC, LDL & HDL ↓ heart disease risk	Corn, soybean, safflower, sesame , sunflower oils & nuts and seeds	25 – 35% total calories (up to 65g)
Omega fats	↓ TC, LDL, TG ↑ HDL or no effect ↓ heart disease risk	Flaxseed, walnuts, fatty fish	At least 2x per week

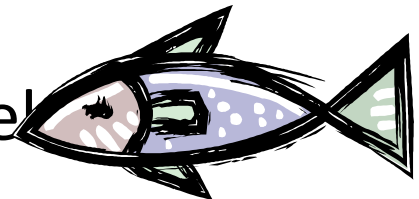
**TC** = Total Cholesterol, **LDL** = Bad Cholesterol, **HDL** = Good Cholesterol, **TG** = Triglycerides





# Omega-3 Fatty Acids

- Benefits:
  - Anti-inflammatory effect
  - Protect against heart and vascular disease
  - Lower triglycerides and blood pressure
  - Possible benefit for neurological conditions
- Where do I find Omega-3 fats?
  - Look for labels that say high in Omega-3's (eggs, milk, margarine, peanut butter, etc.)
  - Choose foods with canola oil or flaxseed
  - Eat fish like salmon or halibut 2x per week
  - Supplements



# Benefits of healthy fats

- Reduce the risk for heart disease
- Lowers triglyceride levels
- Slight decrease in blood pressure
- Improve the function of blood vessels
- Decrease inflammation

# Making healthier choices

## • LIMIT

- Whole milk
- Red meat
- Cakes, cookies, ice cream, packaged snacks
- Sausage, bacon, cold cuts
- Butter, lard
- Poultry skin
- Fried foods
- Red meat fat

## • CHOOSE

- ▶ Skim or 1% milk
- ▶ Fish
- ▶ Avocados, nuts, seeds
- ▶ Fresh fruit, veggies, and whole grains
- ▶ No trans fat margarines
- ▶ Olive, canola oils
- ▶ Leaner cuts of meat and white meat poultry
- ▶ Baked or grilled food