

The Skinny On Fat

5 or more
fruits &
vegetables
every day

Fat is an important component of our diet. It gives you energy and acts as an insulator for your body. However, consuming too much fat is linked to certain health conditions and should be monitored on a daily basis. Read on to learn more about fat and how to monitor your consumption.

WHAT IS IT?

Fat is a macronutrient that is essential for health, and we need to include it in our daily diets. Our bodies need fat to protect vital organs, to help regulate our body temperature, and to maintain a healthy brain and nerve cells. However, consuming too much fat can lead to weight gain and other preventable health issues.¹

	Where it is found	State at room temperature	Recommendation for consumption	Relationship with cholesterol
Unsaturated fats (monounsaturated or polyunsaturated)	Commonly found in plant oils, such as olive oil	Liquid ²	Consume in moderation	Lower level of LDL cholesterol ¹
Saturated fats	Commonly found in animal products, such as red meat and dairy products	Solid ²	Best to avoid these fats	Raise level of LDL cholesterol ¹
Trans fats	Mostly found in processed foods, such as store-bought cookies or crackers	Sometimes solid, sometimes liquid	Best to eliminate these fats	Raise level of LDL cholesterol and lower level HDL cholesterol ¹

UNDERSTANDING CHOLESTEROL³

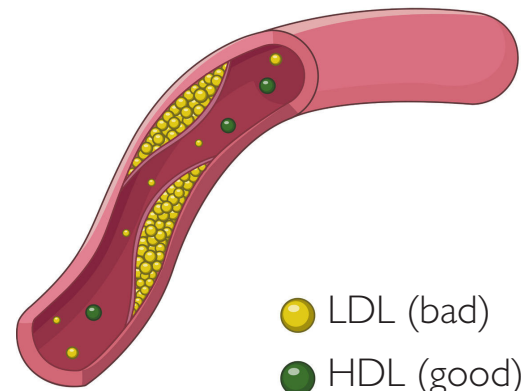
LDL (Lousy) Cholesterol

Most of the cholesterol in your body is low-density lipoprotein, or LDL cholesterol. High levels can cause plaque to build up in your arteries, resulting in heart disease or stroke.

HDL (Healthy) Cholesterol

High-density lipoprotein, or HDL cholesterol, absorbs LDL cholesterol, takes it to the liver and flushes it from the body. High levels can reduce the risk of heart disease or stroke.

Cholesterol in a Human Artery



HOW CAN IT BE MONITORED?

Look at the nutrition facts label. Under the “fat” category, types of fats are listed. Unsaturated fats are the heart-healthy fats and should be consumed in moderation, while saturated and trans fats are the unhealthy types that you want to avoid. Try to avoid fried foods, red meat and breaded options. Instead, choose lean meats, fish and skinless chicken.² To learn more about reading a nutrition facts label, visit this link:

www.eatright.org/resource/food/nutrition/nutrition-facts-and-food-labels/the-basics-of-the-nutrition-panel

MOST COMMON PLACES TO GET HEALTHY FAT¹

- Fish
- Avocados
- Nuts and seeds
- Vegetable oils



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

Sources

1. “Facts about Fats.” *Healthy Kids*, www.healthykids.nsw.gov.au.
2. Kirkpatrick, N. J. “Nutrition Health and Info Sheet: Facts about Fat.” *University of California: Agriculture and Natural Resources*, <http://anrcatalog.ucanr.edu>.
3. “LDL and HDL: “Bad” and “Good” Cholesterol.” *Centers for Disease Control and Prevention*, www.cdc.gov.

Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.



Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.