

Time For An Oil Change

HEART HEALTHY FACTS

Poly-unsaturated Fatty Acids

- Safflower oil
- Sunflower oil
- Corn oil
- Sesame oil
- Soft (tub) margarine

Omega-3 Fatty Acids

- Flaxseed oil
- Fish such as:
 - Tuna
 - Salmon
 - Mackerel
 - Sardines
 - Herring



Mono-unsaturated Fatty Acids

- Olive Oil
- Canola Oil
- Peanut Oil



Fats with Stanol and Sterol Esters

- Vegetable spreads containing stanol and sterol esters

CHOLESTEROL RAISING

Saturated Fatty Acids

- Coconut oil
- Palm oil
- Palm kernel oil
- Beef fat
- Lard



Trans Fats

- Stick margarine
- Foods made with hydrogenated vegetable shortening/ oil

What to eat: 30% of total calories from fat, <10% saturated fat, <1% trans fat

High vs. Low Saturated Fat Options

Regular Ice Cream (1/2 cup)	Light Ice Cream (1/2 cup)
Calories 170	Calories 120
Total Fat 10g	Total fat 4g
Saturated Fat 5g	Saturated Fat 2g
Trans Fat 0g	Trans Fat 0g
Cholesterol 30mg	Cholesterol 20mg

80/20 Ground Beef (4 oz.)	93/7 (Lean) Ground Beef (4 oz.)
Calories 284	Calories 152
Total Fat 24g	Total fat 4g
Saturated Fat 8g	Saturated Fat 4g
Trans Fat 0g	Trans Fat 0g
Cholesterol 80mg	Cholesterol 17mg

Vitamin D (Whole) Milk (8 oz.)	Low-Fat Milk (8 oz.)
Calories 146	Calories 102
Total Fat 8g	Total fat 2g
Saturated Fat 5g	Saturated Fat 2g
Trans Fat 0g	Trans Fat 0g
Cholesterol 24mg	Cholesterol 12mg

Regular Cheese (1 oz.)	Reduced Fat Cheese (32g)
Calories 110	Calories 90
Total Fat 9g	Total fat 6g
Saturated Fat 6g	Saturated Fat 4g
Trans Fat 0g	Trans Fat 0g
Cholesterol 25mg	Cholesterol 15mg

Regular Potato Chips (1 oz.)	Baked Potato Chips (1oz.)
Calories 150	Calories 110
Total Fat 10g	Total fat 1.5g
Saturated Fat 1g	Saturated Fat 0g
Trans Fat 0g	Trans Fat 0g
Cholesterol 0mg	Cholesterol 0mg