

# Ask the Dietitian

## *fat and cholesterol levels*

You may not be as familiar with these fats as they are rarely listed on the Nutrition Facts labels, but you have eaten them before as they are the primary fat in nuts, peanut butter, cooking oils, salad dressings, avocados, and fatty fish like tuna, salmon and trout. This chart may help:

| Type of Fat  | Sources  | Amount to choose each day   |
|--|--|---|
| Saturated Fat<br><br>Patients without documented coronary heart disease (CHD)                              | Meat, poultry, cream, ½&½, milk, cheese, cream cheese, butter, other high fat dairy, lard, ice cream, cured meats (bacon, sausage, salami, etc.), coconut oil, palm oil, palm kernel oil | Choose less than 7% of total calories as saturated fat.<br><br>This is less than 15 g saturated fat in a 2000 calorie diet        |
| Trans Fat<br><br>Raises Total and “bad” LDL Cholesterol and lowers “good” HDL Cholesterol                  | Shortening, snack foods, fried fast foods, biscuits, pie dough frozen dinners, frozen pizzas, stick margarine and any food with Partially Hydrogenated Oil in the ingredients            | Choose 0 g Trans Fats each day.<br><br>Avoid partially hydrogenated and hydrogenated oils!  |
| Polyunsaturated Fat (PUFA)<br><br>Helps lower Total and LDL cholesterol                                    | Fatty fish, walnuts, soy, flaxseed (sources of Omega-3); and cottonseed oil, corn oil, sunflower oil, safflower oil, soybean oil, tub margarine (sources of Omega-6)                     | Choose 10% of total calories as PUFA – focusing on sources for omega-3 fats<br><br>This is about 20g PUFA in a 2000 calorie diet. |
| Monounsaturated Fat (MUFA)<br><br>Helps lower Total and LDL cholesterol and may raise your HDL cholesterol | Olive oil, canola oil, avocados, nuts and all nut products (nut oils, peanut butter, etc)<br>(Sources of omega-9)  | Choose 10% - 15% of total calories as MUFA each day<br><br>This is about 20-30g MUFA in a 2000 calorie diet.                      |

Your fat needs are based on your age, activity level, weight goals, and overall health. For more information about fats, check out the Heart Center of the Rockies Facts About Fat handout or call one of our registered dietitians at (970) 221-1000 to schedule an appointment. We can help you determine your fat and overall nutrient needs based on your age, health, activity level, and health goals.