Types of Fat in Food

**FATS**

**SATURATED**
(These fats are solid at room temperature)

Limit these:
- Meat
- Cheese
- Egg yolk
- Whole milk
- 2% milk
- Ice cream
- Butter
- Cream cheese
- Sour cream
- Palm oil
- Coconut oil
- Cocoa butter
- Hydrogenated fats
- Hard stick margarines
- Poultry with skin
- Deep fried foods

**CHOLESTEROL**:
(Fat like substance in animal products)

Limit these:
- Meat
- Cheese
- Egg yolk
- Whole milk
- 2% milk
- Ice cream
- Butter
- Organ meats

**UNSATURATED**

**POLYUNSATURATED**:
(These fats are liquid at room temperature and in the refrigerator)

- Safflower oil
- Sunflower oil
- Corn oil
- Soybean oil
- Sesame oil
- Walnuts

**MONOUNSATURATED**
(These fats are liquid at room temperature and solid in the refrigerator)

Choose more often:
- Olive oil
- Canola oil
- Peanut oil
- Olives
- Avocados
- Almonds
- Peanuts
- Cashews
- Pecans

Adapted From American Diabetes Association 1997.
TYPES OF FAT IN BLOOD

**CHOLESTEROL:**
(Made in liver and found in animal products that we eat)

Goal: less than 200 mg/dL
My cholesterol: __________

**TRIGLYCERIDES:**
(Other fats from too much alcohol, sugar or being overweight)

Goal: less than 150 mg/dL
My triglyceride: ______

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**HDL**

‘Good’ cholesterol

GOAL: more than 40 mg/dL, but better if more than 60 mg/dL

My HDL: __________

**LDL**

‘Bad’ cholesterol

GOAL: less than 130 mg/dL*

My LDL: __________

*If you have 2 or more of the following risk factors for heart disease, your goal for LDL is less than 100 mg/dL. If you already had a stroke, have heart disease and/or diabetes, as well as 2 or more of the following risk factors, your goal for LDL is 70 mg/dL.

**RISK FACTORS:**
1. high blood pressure
2. diabetes
3. age (≥45 yrs in men, ≥55 yrs in women)
4. tobacco use
5. family history of premature CAD in 1st degree relative (<55 yrs in men, <65 yrs in women)
6. low HDL (<40 mg/dL)
TIPS FOR IMPROVING YOUR CHOLESTEROL

- **Aim for a healthy weight**
  By cutting down on fat in your diet, you can lose weight.

- **Stop smoking**
  Smoking lowers your HDL (good cholesterol) and raises your risk for heart disease.

- **Eat More Fiber by adding fruits and vegetables**
  Other sources of cholesterol-lowering fiber include beans, peas, soy products, oatmeal, oranges, figs, apples and plums.

- **Choose Fish More Often**
  By adding fish two times a week you can improve your cholesterol.

- **Add exercise**
  By exercising most days of the week, you can raise your good cholesterol (HDL) and lower your bad cholesterol (LDL).

- **Eat Lean Meat And Trim Visible Fat**
  Regular beef is high in saturated fat and can raise your bad cholesterol. Choose foods like skinless chicken breast, pork tenderloin, lean ground turkey, lean ham or extra lean ground beef more often.

- **Choose non-fat or low fat dairy products**
  Look for fat free or 1% milk, yogurt and cheeses. Fat free dairy products lower your total cholesterol and saturated fat intake.

- **Use Low-Fat Cooking Methods**
  Try to avoid frying and sautéing with added fat. These can add large amounts of unhealthy fat to your diet and raise your bad cholesterol.