

## How much fat should you eat?

Limit total dietary fat intake to 20–35 percent of your daily calories, most being unsaturated.

To find what your daily fat intake should be in grams:

Multiply your daily total calorie intake by the recommended percentage of fat intake. Divide that total by 9, which is the number of calories in a gram of fat.

For example, here's how a 7 percent saturated fat limit looks if you eat 2,000 calories a day. Multiply 2,000 by 0.07 to get 140 calories. Divide 140 by 9 to get about 15 grams of saturated fat.

Have questions about your diet?

Please contact our Registered Dietitian, Kim Tirapelle for any nutritional advice.

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## Healthy Fats

Why do we need fat in our diet?

Which fats are food for you and which ones are not?

What foods contain good fat?

How much fat should you eat?



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## Why do we need fats in our diet?

Dietary fat is one of the three macronutrients, along with protein and carbohydrates, that provide energy and supports a number of your body's functions essential for performance.

Some vitamins require fat in order to dissolve and nourish your body. These vitamins are vitamin A, D, E and K.



## Harmful Dietary Fat:

Saturated fat

Trans-fat

Solid at room temperature; include beef fat, pork fat, shortening, stick margarine and butter.



These fats are shown to raise total blood cholesterol levels and low-density lipoprotein (LDL)

## Healthier Dietary Fat:

Monounsaturated fat (MUFA)

Polyunsaturated fat (PUFA)

Omega-3 Fatty Acids

Liquid at room temperature, such as olive oil, safflower oil, peanut oil and corn oil.

Studies show that eating foods rich in MUFAS improve blood cholesterol levels, which can decrease your risk of heart disease.



## Foods Containing Healthy Fats

Monounsaturated Fat

Olive Oil  
Peanut Oil  
Canola Oil  
Avocados  
Poultry  
Nuts  
Seeds



Polyunsaturated Fat

Safflower Oil  
Corn Oil  
Sunflower Oil  
Soy  
Poultry  
Nuts  
Seeds  
Peanut oil  
Cottonseed Oil



Omega-3 Fatty Acids

Salmon  
Mackerel  
Herring  
Flaxseed  
Flax Oil  
Walnuts

