



Satisfy

Unsaturated Fats

Eat **MORE** of these

- Found in plants and seafood
- Demonstrated health effects

Nuts & Seeds

Avacado

Fatty fish

**Oils- olive, vegetable, canola,
peanut, sesame**

Saturated Fats

Eat **LESS** of these

- Most common in animal products
- No demonstrated health effects (but still support satiety)

Dairy (butter, cheese, cream)

Beef, pork, chicken fat

**Tropical oils (i.e.. Coconut,
palm., kernel)**

Crisco/Lard

Trans Fats

AVOID these

- These don't occur in nature and are 100% engineered
- Harmful to our health

**Any HYDRGENATED OILS in
the ingredients list
often found in foods that are
fried and
convenience/processed
foods**

More About Fats



Fat...

- **Is a necessary macronutrient; it supports many vital functions including heart health**
- **Helps promote satiety**
- **Is denser than carbohydrates or protein; too much can easily interfere with weight loss/maintenance goals**

Tips:

- 1. Replace unhealthy fats with healthy fats**
 - a. Incorporate healthy fats regularly to promote satiety and heart health**
- 2. Reduce overuse of fats**
 - a. Eat less frequently**
 - b. Have in smaller amounts**
 - c. Substitute lower-fat options**

Sample Strategies

Unhealthy fat/ Higher fat food

1. Baked potato with butter and full fat sour cream
2. Fried chicken
3. Nachos w cheese
4. Chocolate fudge

Healthier Fat Substitution

1. Baked potato with olive-oil based spread and greek yogurt
2. Homemade fried chicken w/ vegetable oil; skin removed
3. Whole grain tortilla chips with guacamole
4. Chocolate avocado mousse

Lower Fat Substitution

1. Baked potato with low-fat or no-fat yogurt or sour cream; OR Baked potato topped with spices, salsa, pickled vegetables
2. Breaded, baked chicken breast (no skin)
3. Baked tortilla chips with salsa
4. Low-fat chocolate fudge or brownies

Lower

Frequency/Amount

Eat it but not the whole serving, increasing other foods on the plate

OR

Enjoy as is but not as often!

What are 3 swaps or strategies you can try in the next week?

1. _____
2. _____
3. _____