

CATEGORY:	TITLE:	WRITER:	DATE:	FILE NAME:	DATABASE:
Eating Right	Fats Will Make You Fat:Its As Simple As That!	Bettina Marks	8/20/99	EA_2005.doc	

DISEASE STREAM					GENDER			AGE RANGE							
DIA	HBP	HC	HD	GH	M	F	B	0-9	10-19	20-29	30-39	40-49	50-65	65+	ALL
							X						X	X	

FATS WILL MAKE YOU FAT IT'S AS SIMPLE AS THAT!

WHAT ARE FATS? WHICH FOODS CONTAIN FATS?

Becoming more aware of your diet is one of the first steps toward developing a greater understanding of how important good nutrition is for your health.

Ref. 2 p. 20

Diet can influence and is a risk for high blood pressure, high cholesterol, heart disease and diabetes.

Ref. 2 p. 9

Many of the eating habits that you may have developed over the years were established before recent studies were made that indicate just how much your diet and nutrition affect your health. Lifestyles were different, certain indulgences like smoking and drinking were more fashionable, and we, as Americans were not the health conscious culture that we have become. Many convenience foods like frozen and canned products were first being introduced and became quite popular, which have large amounts of hidden salt and sugar.

New appliances like the microwave and toaster oven were first available which created fast food at home, but with added salt, hidden sugars and preservatives in the packaging. The television may have all too often become a guest at your dinner table and taken the focus away from creating balanced meals.

Ref. 2 p. 14

A healthy diet, as defined by the US Department of Agriculture (USDA) and the Department of Health and Human Services, is one that is varied, low in fat and cholesterol, salt, and sugar, and generous in servings of vegetables, fruits, and grain

Ref. 2 p. 13

products. It is advisable to keep alcohol consumption to a minimum.,

Ref. 2 p. 14

The U.S. Department of Agriculture (USDA) developed a Food Guide Pyramid that visually divides the food groups into five categories instead of the traditional four. The six categories are: fats and sugars, milk and milk products, meat/protein, vegetables, fruits, bread and grains. It is designed to help people to better understand what foods they need, from which groups and in what amounts. The most notable difference from earlier ones in this pyramid is that meat is no longer considered to be the main course of an American meal. In its place are rice, pasta and /or other grains, along with fruits and vegetables. These foods are high in fiber and carbohydrates and provide you with necessary vitamins and minerals that are generally low in fat.

Ref. 7 p. 1

Ref. 2 p. 14

Ref. 2 p. 15

In general, most people eat far too few fruits and vegetables and too much meat. Meat is still a good source of protein and part of a healthy diet, but should be eaten less often,. Whenever possible, meat should be replaced by fish and skinless chicken. The food pyramid very clearly dictates that fats and sugars should be used sparingly.

WHAT ARE FATS?

Ref. 7 p. 1

According to the American Heart Association, there are three kinds of fats in the foods that we eat::

- Saturated
- Polyunsaturated
- Monounsaturated fatty acids

Most foods contain all three types of fat, but in varying amounts.

Ref. 7 p. 1

Ref. 7 p. 2

Saturated fatty acids are the main dietary culprit which raise levels of cholesterol in the blood system. In the average American diet, saturated fatty acids are found predominantly in foods derived from animal sources and from a few plant sources.

WHICH FOODS CONTAIN FATS?

Ref. 7 p. 1

Saturated fats from animal sources include:

- Beef
- Beef fat
- Veal
- Lamb
- Pork
- Lard
- Poultry fat
- Butter
- Cream
- Milk cheeses
- Dairy products made from whole milk

Ref. 7 p. 1

Ref. 2 p.15

Saturated fats from plant sources include:

- Coconut oil
- Palm oil
- Palm kernel oil (tropical oils)
- Cocoa butter

There are two types of unsaturated fatty acids found naturally in food sources: polyunsaturated and monounsaturated fatty acids. They are most often found in liquid oils of vegetable origin.

Ref. 2 p.6

Polyunsaturated oils are liquid at room temperature and in the refrigerator. They easily combine with oxygen in the air to become rancid.

Ref. 7 p. 1

Polyunsaturated fats are found in:

- Safflower oil
- Sesame oil

Ref. 7 p. 2

- Sunflower oil and sunflower seeds
- Corn and soybeans
- Nuts and seeds and their oils
- Hi-fat fish such as salmon
- Margarines

Ref. 7 p. 2

Monounsaturated oils are liquid at room temperature but start to solidify at refrigerator temperatures. According to recent studies, monounsaturated fatty acids may also help to reduce the amount of cholesterol in your blood, provided that the rest of your diet is very low in saturated fat.

Ref. 7 p. 2

Monosaturated fats are found in:

- Canola oil
- Olive oil
- Peanut Oil
- Avocados
- Margarines

Ref. 7 p. 2

During food processing, fats may undergo a chemical process known as hydrogenation. Hydrogenation means to add hydrogen, or, in the case of fatty acids, to saturate. The process changes a liquid oil, naturally high in unsaturated fatty acids, to a more solid and more saturated form. Saturated fatty acids have all the hydrogen that carbon atoms can hold. Unsaturated fatty acids have at least one unsaturated bond - that is, at least one place that hydrogen can be added to the molecule.

Ref. 7 p. 2

- The greater the degree of hydrogenation, the more saturated the fat becomes.

Ref. 7 p. 2

Many commercial products contain hydrogenated or partially hydrogenated vegetable oils. Recent studies suggest that these fats may raise blood cholesterol. Hydrogenated fats in margarine and other fats are acceptable if the products contain no more than 2 grams of saturated fatty acids per tablespoon.

Ref. 7 p. 2

Both types of unsaturated fatty acids may help to lower your blood cholesterol levels. By replacing saturated fatty acids with unsaturated fats and by carefully watching to moderate your intake of all types of fats, you can actually reduce these dangerous levels of cholesterol in your system.

Ref. 6 p. 2

- Margarines and spreads made from poly or monounsaturated oils can be used in limited amounts to replace foods with a high saturated fatty acid content such as butter, lard or hydrogenated shortenings. However, partially hydrogenated vegetable oils, such as those in many margarines and shortenings, contain a form of unsaturated fat called trans-fatty acids which may raise blood cholesterol levels, so look at your labels carefully before you make your food purchases.

Ref. 2 p. 14

- The total fat in the diet should be very moderate - and limited to no more than 30 percent of your total calorie intake. The Food Pyramid is based on an approximate 2,000 calorie per day diet. Therefore, the maximum intake of fat should be approximately 600 calories worth.

Some fat is necessary for your body to function. However, it is essential that you carefully monitor your intake of saturated fats, replacing them wherever possible with unsaturated fats

TIP

Ref. 7 p. 2

Wherever possible, try to eliminate commercially processed foods from your diet that have undergone the process of hydrogenation which increases the levels of saturated fats in foods.

SUMMARY

Ref. 7 p. 2

Fats are necessary for your body to function. However, it is essential that you carefully monitor your intake of saturated fats, replacing them wherever possible with unsaturated fats.

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Accessed: February 10, 1998.