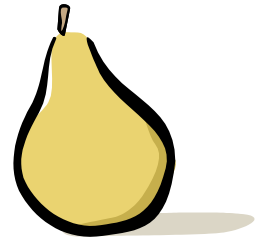


Types of Fat



Total Fat

- The 4 types of fat, added together, that are in one food.
- Mono & Poly unsaturated Fats, Saturated fat, and Trans fats.
- Total fat contributes 9 calories per gram.
- Aim for less than 30% of calories from fat.

Monounsaturated Fatty Acids

- Tends to lower levels of LDL-cholesterol in the blood and raise HDL-cholesterol ("healthy cholesterol")
- Liquid at room temperature.
- Found mostly in plant and sea foods.
- 9 calories per gram
- Sources: Olives, olive oil, canola oil, peanuts, peanut oil, avocados, etc . . .



Polyunsaturated Fatty Acids

- Tend to lower levels of **BOTH** HDL-cholesterol and LDL-cholesterol in the blood.
 - Include Omega 3 (ω -3) and Omega 6 (ω -6) fats.
 - Essential source of fatty acids for a healthy lifestyle.
- Liquid at room temperature.
- Found in plant and seafood.
- 9 calories per gram
- Sources: Safflower oil, vegetable oil, corn oil, flaxseed, nuts, wheat germ, fish, etc . . .

Saturated Fatty Acids

- Tend to raise levels of LDL-cholesterol ("bad" cholesterol) in the blood.
 - Elevated levels of LDL-cholesterol are associated with heart disease.
- Solid at room temperature.
- Found in animal products.
- 9 calories per gram
- Sources: meat, whole milk, butter, chicken skin, lard, etc . . .

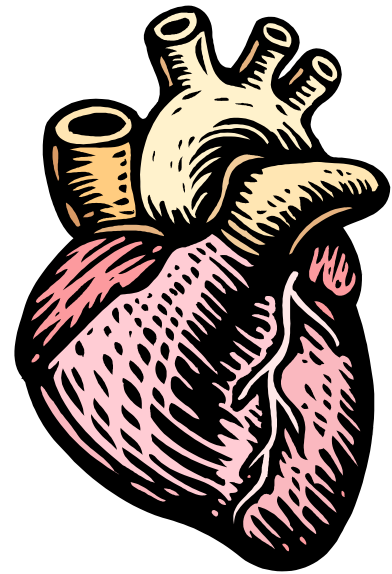


Trans Fatty Acids

- Trans fats are created when vegetable oils are processed and made more solid or into a more stable liquid. This processing is called hydrogenation.
 - Studies suggest that trans fats may raise LDL and total blood cholesterol levels much like saturated fats do.
 - Other studies have indicated trans fats have lesser effects on blood cholesterol levels than do saturated fats.
- Thick liquid or solid at room temperature.
- Coming soon to a food label near you (January 2006)
- 9 calories per gram
- Sources: Baked goods, Fried foods, some margarine products, low amounts in meats and dairy products, etc . . .

Cholesterol

- Cholesterol is made in the body to build cell walls and essential elements like hormones and digestive fluid. High cholesterol in the blood can lead to heart disease, stroke, and other illness.
- Cholesterol is in all animal foods like meat, fish, chicken, eggs, milk and cheese.
- Foods with fiber, such as fresh fruit and oatmeal, can help remove cholesterol by trapping it in the gut and helping to move it out.
- There are **two** main types of cholesterol in the blood stream: LDL and HDL
 - LDL - Cholesterol
 - Low Density Lipoprotein.
 - "Lousy" or "bad" cholesterol.
 - Carries fat from the liver to cells.
 - Can add to blockage in the heart.
 - Decrease by eating high fiber foods everyday and limiting your intake of saturated fats
 - HDL - Cholesterol
 - High Density Lipoprotein
 - "good" or "Healthy" cholesterol.
 - Carries Cholesterol to the Gut and out of the body.
 - Increase yours daily physical activity
 - Never smoke cigarettes, if you do smoke - Quit!!



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu