



NUTRITION NEWS

Fat Findings

Three common sense steps can help you incorporate good-for-you fats into your diet.

Keep Your Balance

Substitute good-for-you fats from plant-based foods for animal-based fats when possible. For example, use canola oil in place of butter for sautéing vegetables.

The American Heart Association and Dietary Guidelines suggest aiming for 15-22 grams of saturated fat daily.

Focus on Healthful Fats

Enjoy sensible portions of lean cuts of beef and pork as well as low-fat dairy to keep saturated fats in check. Vegetable oils, avocados, or nuts and seeds may derive 85-100 percent of their calories from fat, but they can, and should be part of a nutritious, balanced diet.

Note the Calories

Employ nuts, seeds, olives and flavorful oils with beneficial fats as a garnish instead of a main ingredient to manage calories. Keep in mind that all fats contain more than twice the calories per gram than protein or carbohydrates so keep your portions sizes in check and you will get appropriate calories per serving.