



The Skinny on Fats

Fats are essential for energy production, cell growth, organ protection, insulation, nutrient absorption and hormone production. They are more energy dense than carbohydrates and protein with 9 calories per 1 gram, instead of 4 calories per 1 gram. Your body needs a regular intake of fat, just focus on consuming healthier fats.

The Good

Unsaturated Fats tend to be liquid at room temperature. They may lower LDL, the bad cholesterol and improve blood cholesterol, reducing the risk of heart disease.

- **Monounsaturated Fats**
Contain one unsaturated carbon bond. Sources include nuts, olive and canola oil, avocados and peanut butter.
- **Polyunsaturated Fats**
Contain more than one unsaturated carbon bond. Sources include plant based oils, nuts, seeds and soybeans. A key family of polyunsaturated fats are **Omega 3 Fatty Acids**. These promote brain and nervous system function, support heart health and reduce inflammation. The main types are alpha-linolenic acid (ALA), docosahexaenoic acid (DHA), and eicosapentaenoic acid (EPA). Though the body can convert ALA to EPA or DHA it is very limited, so it's important to consume these from dietary sources such as fatty fish, walnuts, flaxseeds, chia seeds and eggs.

The Bad

Saturated Fats tend to be solid at room temperature. They raise LDL, the bad cholesterol and can increase the risk of heart disease and stroke.

The American Heart Association recommends limiting saturated fat intake to 5-6% of your total daily calories.

Saturated fats are mostly found in animal products, such as meat and dairy. The plant-based exception is tropical oils such as coconut and palm oil, which also contain saturated fat.

The Ugly

Trans Fat tends to be solid at room temperature. It raises LDL, the bad cholesterol and lowers HDL, the good cholesterol. The American Heart Association recommends limiting intake as much as possible. Read food labels and check the ingredients list for hydrogenated or partially hydrogenated oils.

- **Naturally occurring** in the gut of some animals and products made from those animals, such as meat and dairy products. These may contain small amounts of Trans fat.
- **Artificial trans fat** occurs through the process of adding hydrogen to liquid plant oils to make them more solid.



Contact your onsite Health Coach for more information:

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