

Healthy Fats

Good nutrition is important at any age



Choosing foods that contain **unsaturated fat** instead of foods that are high in saturated fat, **can help lower your risk of heart disease.**

Get **20-35%** of your total calories from fat (e.g., 40-65 g for 1,800 kcals).

HEALTHY FAT

Unsaturated fat is good for your health. Foods that are high in unsaturated fat are avocado, nuts, seeds, etc.

Tips to help you reduce saturated fat and increase unsaturated fat:



Pick lean cuts of meat (e.g., chicken breast, pork loin, steak)



Enjoy fatty fish like salmon, trout, herring, or mackerel



Add avocado, nuts, and seeds to salads and pastas



When preparing food, use vegetable oils (e.g., olive, canola)



Limit coconut oil, ice cream, deep-fried foods, butter, lard, etc.

TIPS WHEN SHOPPING

Choosing foods that are low in saturated fat **does not have to be challenging.**

Tips to choose foods low in saturated fat while grocery shopping:

%

Read nutrition labels and choose products with:

- **No** trans fat
- Saturated fat with a % Daily Value of **5% or less**



Choose low-fat milk products more often, including:

- Milk, cottage cheese, and yogurt with **milk fat less than or equal to 2%**
- Cheeses with **milk fat less than 20%**

BAKING & COOKING WITH FAT

Tips to reduce saturated fats when baking and cooking:

Recipe	Substitution
Butter, margarine, shortening, or oil in baking	Replace up to ½ with unsweetened applesauce, pureed pumpkin or sweet potato, or mashed bananas
Butter, margarine, or oil in cooking	Use water, low-sodium broths, or vinegar
Full fat cream cheese or sour cream	Use low-fat cream cheese, cottage cheese, or skimmed ricotta cheese
Pan or deep frying	Try baking, boiling, broiling, grilling, poaching, sautéing, or stir-frying
Butter or oil on cooked vegetables	Season vegetables with lemon juice, herbs, or vinegar

Brought to you by the Nutrition & Aging Lab at the University of Waterloo.

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