



Eat Smart Program  
Missoula City-County  
Health Department

# Know your fats

Fats and oils are part of a healthy diet and play many important roles in the body. Fat provides energy and offers nutrients such as vitamins A, D, E, and K.

- *BUT* fat can impact the health of your heart and arteries in a positive or negative way, depending on the amount and types of fat you eat.

## MyPyramid Recommendations:

6 teaspoons or less of heart-healthy fats/day  
(20—30% of total calories from fats)

### EAT MOSTLY

- *Monounsaturated fats*—olive, peanut, canola, avocados, nuts, peanut butter
- *Polyunsaturated fats (omega-3 & omega-6)*—oils such as safflower/sunflower, flaxseed, walnuts, fish such as salmon and mackerel

### EAT LITTLE—LESS IS BETTER

- *Saturated fats*—butter, cheese, red meat, poultry with skin (solid at room temperature).
  - limit to less than 10% of total calories.
- *Trans-fats*—fried foods, baked goods, some margarines (made when liquid oil is transformed into a solid through a process called ‘hydrogenation’).
  - best to consume none (or very little) of this type of fat.
- *Cholesterol*—dairy, eggs, meat (found only in animal-based products).
  - consume less than 300mg/day



The American Heart Association's “bad fat brothers” are helping to spread the word about avoiding saturated and trans fats.

**Reading Labels:** Read the fats section of the food label to manage your intake. Two tips for keeping fat intake within recommendations include:

Nutrition Facts	
Serving Size 3 oz (85g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 40g	<b>20%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 70mg	<b>23%</b>

**Ingredients:** Oat bran, sugar, oat clusters (sugar, toasted oats [rolled oats, sugar, high fructose corn syrup, **partially hydrogenated soybean oil**, molasses...

- Use the % Daily Value column. This serves as a frame of reference for meeting daily recommendations. 5% DV is low and 20% is high.
- Read the ingredients list to spot trans-fats. Foods with less than .5 gram of trans fat per serving can be labeled as “zero grams trans fat”. To be sure, you also have to check the ingredients list for the words ‘**partially hydrogenated**’.

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