

GOAL COUPON 11: ABOUT FATS



1. Limit foods high in saturated fats. Diets high in these fats can increase the risk for heart disease. Saturated fats are mostly solid at room temperature and from animal products - whole milk, higher fat cheeses like Swiss and cheddar, regular cream cheese, lard, butter, animal fat, palm oil and coconut oil.

Solutions: Select skim milk, lower-fat cheeses, trim visible fat from meat, remove skin from poultry, select lean turkey, ham or roast beef instead of salami, corned beef, bacon and sausage, rinse fat from cooked ground beef in a colander with warm water, and limit breaded and fried products.

2. Label read for no trans fat.

Trans fats are similar to saturated fats. They can be found in baked goods, chips, buttered popcorn, crackers, shortening, and stick margarines. Partially hydrogenated oils = trans fats.

Solutions: Select the majority of your fat as oils. Oils are liquid at room temperature and are mainly from plants. Foods made of mostly oils include mayonnaise, salad dressings and soft margarines made from vegetable oil (squeeze or tub). Use monounsaturated and polyunsaturated oils -canola, corn, safflower, soybean, sunflower, cottonseed, peanut and olive.

GOAL 11

Label read for fats:

1. Limit foods high in saturated fats.
2. Select no trans fat products.
3. Eat at least 2 sources of omega-3 fatty acids this week.

Look for more *GetFIT Helpful Connections* on the back of this coupon.

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