All About Fats In Our Diet

UCI Health Weight Management
Natalia Ullrich MS RD
1. Dietary fats are essential to give your body energy and to support cell growth.

2. Fats help your body absorb some nutrients like vitamins A, D, E and K and produce important hormones.

3. Fats help protect your organs and help keep your body warm.
The “Skinny” on Fats

**Monounsaturated**
- Can lower LDL cholesterol and increase HDLs

**Polyunsaturated Omega 3/6**
- Can lower LDL; little effect on HDLs

**Saturated**
- Increase LDL cholesterol; no effect on HDLs
- 10% of fat intake

**Trans**
- Increase LDL cholesterol; no effect on HDLs
Monounsaturated Fats

- Olive oil
- Peanut oil
- Canola oil
- Avocados
- Sunflower oil
- Nuts (almond, peanuts, macadamia, pecans, cashews and hazelnuts)
Polyunsaturated Fats

- Soybean Oil
- Corn Oil
- Safflower Oil
- Walnuts
- Soymilk
- Tofu
Omega 3 and 6 Fats

- Atlantic salmon
- Sardine
- Rainbow trout
- Snapper
- Flounder
- Pecans
- Chia seeds
- Flaxseed
- Tahini
Saturated Fats

- Fatty meats (beef, pork)
- Dark meat poultry and skin,
- Butterfat (butter, milk, cheese, cream, ice cream),
- Tropical oils (coconut, palm, palm kernel)
Trans Fats

- Partially Hydrogenated oils
- Vegetable shortening
- Margarine and nondairy creamers
- Snack foods (chips, crackers and cookies)
Food Category Sources of Saturated Fats in the U.S. Dietary Guidelines

1) 35% mixed dishes
2) 18% snacks & sweets
3) 15% meats

* Aim to shift food choices from high saturated fats to high in polyunsaturated and monounsaturated fats.
Average Intakes as a Percent of Calories per Day by Age-Sex Group, in Comparison to the Dietary Guidelines Maximum Limit of Less Than 10 Percent of Calories
More Fat Facts

• There are 9 calories per gram of fat. More than twice the calories of proteins and carbohydrates.

• Foods high in sugar are often high in fats (desserts).

• Saturated fat is the worst offender

• Small amounts of any fat add up fast so measure portions.
Coconut Vs MCT Oil

<table>
<thead>
<tr>
<th>Coconut</th>
<th>MCT Oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contains MCTs-Caproic (6), Caprylic (C8) and Capric Acid (C10); about 50% is Lauric acid (C12)</td>
<td>Made w/only Caprylic (C8) and Capric Acid (C10)</td>
</tr>
<tr>
<td>Burned for energy but not as fast d/t (C12), potentially boosting brain function</td>
<td>Goes directly into the liver where it’s metabolized into ketones</td>
</tr>
<tr>
<td>May be beneficial for skin conditions, such as acne, eczema, and dry skin</td>
<td>More effective at boosting weight loss and energy production if on a keto diet</td>
</tr>
<tr>
<td>Strong smell and flavor-solid at room temperature</td>
<td>Tasteless and liquid at room temperature</td>
</tr>
</tbody>
</table>

MCT and coconut oil are generally safe but can produce gastrointestinal discomfort if consumed in excess. There isn’t enough scientific evidence to support the claims. Academy of Nutrition and Dietetics
THINK Traffic Light

Green Light- GO!
Monounsaturated and Omega 3/6

Yellow Light-Moderation!
Polyunsaturated Fats

RED Light-Avoid!
Saturated and Trans Fats
How Much Fat do we need?

20-35% Total Fat

2015-2020 Dietary Guidelines for Americans

Academy of Nutrition and Dietetics

American Heart Association

Less than 10% from Saturated Fat
Step 1: Calculate Calories from Fat

Target goal = 20%-35% total calories per day

1) Calculate your Maintenance calories, include average daily exercise calories:

   Example:
   Female 150 lbs: 150 x 10 = 1500 + 300 exercise = 1800 calories

2) Calculate calories from Fat (20%-35%):
   Multiply 1800 x .20 = 360 cals
   Multiply 1800 x .35 = 630 cals
Step 2: Convert Calories To Grams

There are 9 calories per gram of Fat (more than twice the calories per gram of carbohydrate or protein).

To convert Fat calories to Fat grams divide your Fat calories by 9:

Example:
\[ 360 \div 9 = 40 \text{ grams Fat} \]
\[ 630 \div 9 = 70 \text{ grams Fat} \]

This female requires 40-70 grams Fat per/day

* Aim for 40-50 grams per day (may miss exercise when sick)
Nutrition Label Changes

- Larger and bolder font to draw attention
- Calories from fat removed as the type of fat has a larger influence on health
- No changes to the fat breakdown on label
- Ideally, less than 10% of fat should come from saturated sources
Tips to Trim the Fat in your Diet

1. Use oil instead of solid fats. i.e. sauté with olive oil instead of butter, and use canola oil when baking.

2. Choose fish, such as salmon and mackerel, instead of meat at least twice a week to get healthy omega-3 fatty acids. Bake or broil seafood instead of frying it.

3. Choose lean meat and skinless poultry. Trim visible fat from meat and remove skin from poultry.

4. Snack smart. Many popular processed snack foods are high in fat, especially solid fats so check the label.
THANK YOU FOR YOUR TIME!