

Heart Health Times



For Patients

♥ What Are The Different Types Of Dietary Fats?

Certain types of fat in your diet can worsen your blood cholesterol levels, while others can improve your cholesterol profile. Here is information on the types of fats to limit in your diet and good fats to keep in your diet.

♥ Dietary Fats To Limit

Saturated Fats:

- ❑ Less than 7% of your total daily calorie intake should come from saturated fat (if possible).
EXAMPLE: For a 2000 calorie diet, less than 7% is below 15 grams of saturated fat daily.
- ❑ The main dietary sources of saturated fat come from animals and animal products such as whole milk, cheese, meat and butter and foods made from these such as baked goods.

Trans Fats:

- ❑ Should be as low as possible in your diet.
- ❑ Are often found in processed foods and restaurant foods such as cookies, crackers, donuts, and French-fries.

♥ Dietary Fats To Keep In Your Diet

Monounsaturated Fats:

- ❑ Found in almonds, avocados, olives, peanuts, olive oil, and peanut oil.

Polyunsaturated Fats:

- ❑ Found in fish, walnuts, sesame seeds, sunflower seeds.
 - Omega-3 fatty acids are polyunsaturated fats associated with decreased triglyceride levels, decreased growth of atherosclerotic plaque, improved artery health, lower blood pressure and decreased tendency of the blood to clot.

♥ How To Choose Fats In Your Diet Wisely

- ❑ The chart below illustrates differences among typical spreads found in most supermarkets.
 - Choose oils and/or spreads low in saturated fat and trans fat.
 - Spreads that contain plant stanols/sterols are available and may help reduce LDL-cholesterol.

	Stick Butter	Stick Margarine	Tub Margarine (Regular)	Buttery Spread (Light)	Stanol/Sterol Spread (Regular)	Stanol/Sterol Spread (Light)
Calories (per TBSP)	100	100	76	47	80	45
Total Fat (g):	11	11	8.6	5.2	8	5
Saturated (g)	7.5	2	1.4	1.5	1	0.5
Trans (g)	0	3	Trace	Trace	0	0
Polyunsaturated (g)	0.5	3	4.8	1.4	2	2
Monounsaturated (g)	3	3	1.9	2	4.5	2.5
Cholesterol (mg)	31	0	0	0	0	0
Sodium (mg)	82	92	113	90	110	110
Stanol/Sterol Esters (g)	0	Trace	Trace	Trace	1.7	1.7

Source: USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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Source: NewYork-Presbyterian Hospital Preventive Cardiology Program

Disclaimer: This resource provides brief, general information about heart health. It does not take the place of the instructions you receive from your health care providers. For answers to other questions talk to your physician or other health care provider.