

Overcome your Fat Fears

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HEALTH



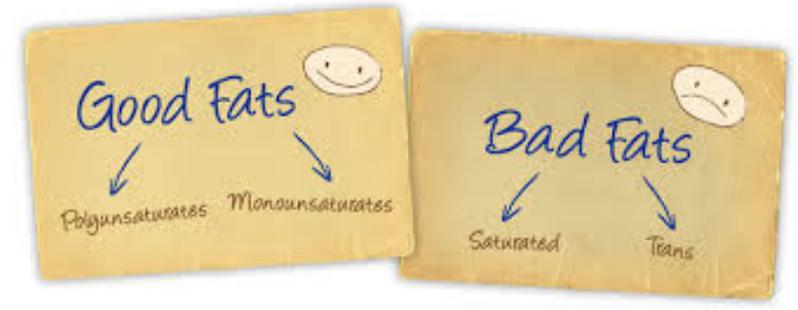
Inspired by you



What is Fat?

- ❑ Fat gives you energy and is essential for many processes within your body
- ❑ Adequate fat intake...
 - Keeps your skin and hair healthy
 - Helps you absorb vitamins A, D, E, K
 - Helps with brain development, controlling inflammation, and blood clotting. (Essential fatty acids)
- ❑ There are many types of fat that we can get from food

Types of Fat



- ❑ Saturated Fats
 - The “bad” fats that can raise your LDL
 - Keep to <6% of total daily calories
 - Animal products: cheese, sausage, bacon, pork, butter
- ❑ Unsaturated Fats
 - The “good” fats that can help lower cholesterol
 - Monounsaturated/polyunsaturated
 - Olive oil, canola oil, salmon, nuts, seeds
- ❑ Trans Fats
 - The “very bad” fats produced through a process called hydrogenation
 - Can increase LDL and lower HDL
 - Cakes, pies, cookies, margarine, fried foods, microwave popcorn



Why are Healthy Fats Important?

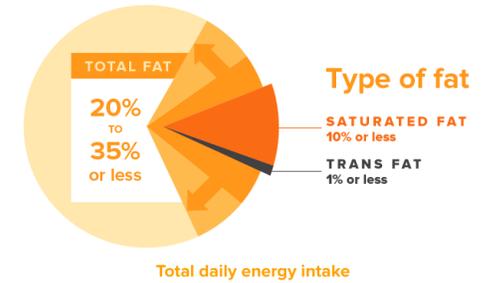
- ❑ Fat has been proven to be essential for...
 - Fitness/performance/energy
 - Optimum nerve, brain, and heart function
 - Satiation after eating resulting in potential weight loss
- ❑ Research shows that fats can help with the production of serotonin and dopamine which can significantly boost your mood
- ❑ Light-intensity to moderate-intensity exercise
 - If you enjoy biking, recreational swimming, walking, and other lower intensity exercises, fat will be your body's primary fuel source giving you the energy to get the most from your workout.

Omega-3



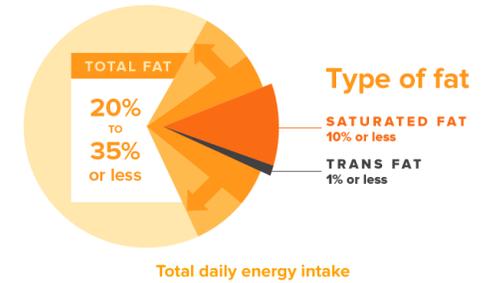
- ❑ What are Omega-3 fatty acids?
 - Polyunsaturated fatty acids found primarily in fish oils and nuts/seeds
 - Can prevent many illnesses we may be at risk for as we age
- ❑ What can fish oil do?
 - **Heart Disease-** Eating dietary sources of fish oil twice a week can reduce risk of developing heart disease and supplements for 6 months can reduce risk of heart-related events
 - **High Blood Pressure-** Research shows a modest decrease in blood pressure for people taking fish oil supplements
 - **High Triglycerides-** Studies show omega-3 fatty acids can significantly reduce triglycerides
 - **Rheumatoid Arthritis-** May reduce pain, improve morning stiffness, and relieve joint tenderness

IMPORTANT NOTE: Talk with your provider before trying any supplementation. This may not be safe when taken with Coumadin.



Fat Needs

- ❑ The American Heart Association suggests that healthy adults limit dietary fat to no more than **20-35%** of total daily calories
- ❑ Fat has **9 kcal/g**
- ❑ Remember: Saturated fat should be **<6%** of total calories



Example

- What is the range of grams of fat a woman eating 1,600 kcal should have in a day?
 - Multiply the highest (35%) and lowest (20%) percent by the number of calories eaten per day
 - $1600 \text{ kcal} \times .20 = 320 \text{ kcal from fat}$
 - $1600 \text{ kcal} \times .35 = 560 \text{ kcal from fat}$
 - Divide each answer by the number of calories per gram of fat (9 kcal/g)
 - $320 \text{ kcal} / 9 \text{ kcal/g} = \mathbf{36g}$
 - $560 \text{ kcal} / 9 \text{ kcal/g} = \mathbf{62g}$

- What if I do not know how many calories I eat in a day?

The general recommendation is:

Women: 50g

Men: 60g

Big Fat Myths vs Fantastic Fat Truths

Let's bust some myths about fat that may have caused you to fear this essential nutrient

Figure out which of these statements are a big fat myth or are fantastic fat truths!

Fat-free foods are smart snack choices

BIG FAT MYTH

When food manufacturers take fat out of products, they must add something in to make it taste good! Some things they add are sugar, salt, or unhealthy filler ingredients.

Remember: healthy fats play an important role in our diet

Eating too much fat will make you fat

BIG FAT MYTH

Although, per gram, fat has more calories than carbohydrates or protein, this does not mean fat makes you fatter than carbohydrates or protein. The issue is the total calorie intake exceeding your calorie needs.

***Bonus: Fat keeps you fuller for longer which may actually help you to eat less and LOSE weight**

Although saturated fats may not be good for my heart, this does not mean I need to stay away from all fats

Fantastic Fat Truth

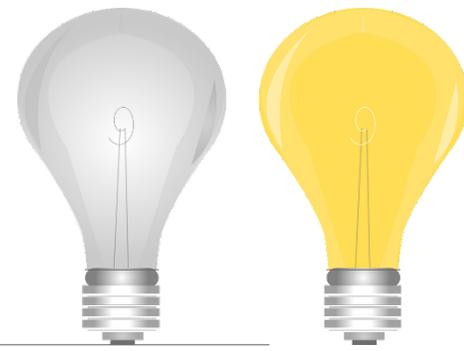
Saturated fats can cause an increase in cholesterol leading to a greater risk of heart issues, however, unsaturated fatty acids can actually help lower cholesterol making them a great supporter of heart health

I should try to not have ANY trans fats

Fantastic Fat Truth

This is the “very bad” fat that not only increases your LDL but also lowers your HDL!

Fat Ideas



- ❑ Include fat in your snacks!
 - ❑ Peanut butter, avocados, cheese, hard boiled eggs, nuts
- ❑ Next time you are craving a dessert, try having a single serving of dark chocolate instead
 - 1 square of 70% dark chocolate is 62 calories and a great source of monounsaturated fats and antioxidants. Be careful because it does have some saturated fats.
- ❑ GO NUTS!
 - Add some nuts to your salad
 - Spread nut butter on whole grain bread
 - Keep some almonds on hand to snack on when you're hungry

Make Some Easy Swaps



- ❑ Olive oil instead of butter or margarine
- ❑ Fish instead of red meat
- ❑ Nuts instead of chips
- ❑ The whole egg instead of just the whites
 - ❖ Egg yolk contains vitamins A, D, E, K, B12, Omega-3, Folate, Choline, and much more

Thank you!

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By building caring relationships with those we serve,
we guide the journey to health and wellness.