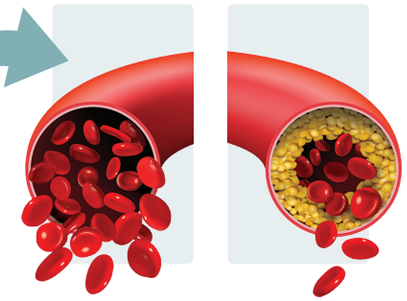
FAT FACTS

WHY FAT FACTS MATTER

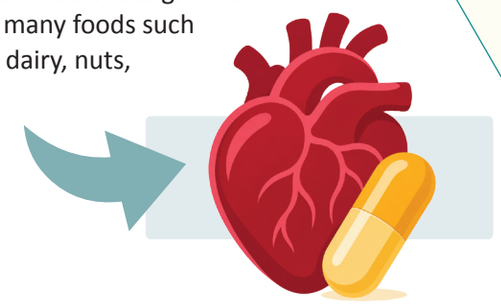
Too much fat, especially unhealthy types of fat, can clog the paths your blood takes to get to your heart. If these paths get blocked, you can become sick with disease. Eating a diet that includes healthy fats and higher fiber foods will help keep your heart healthy!



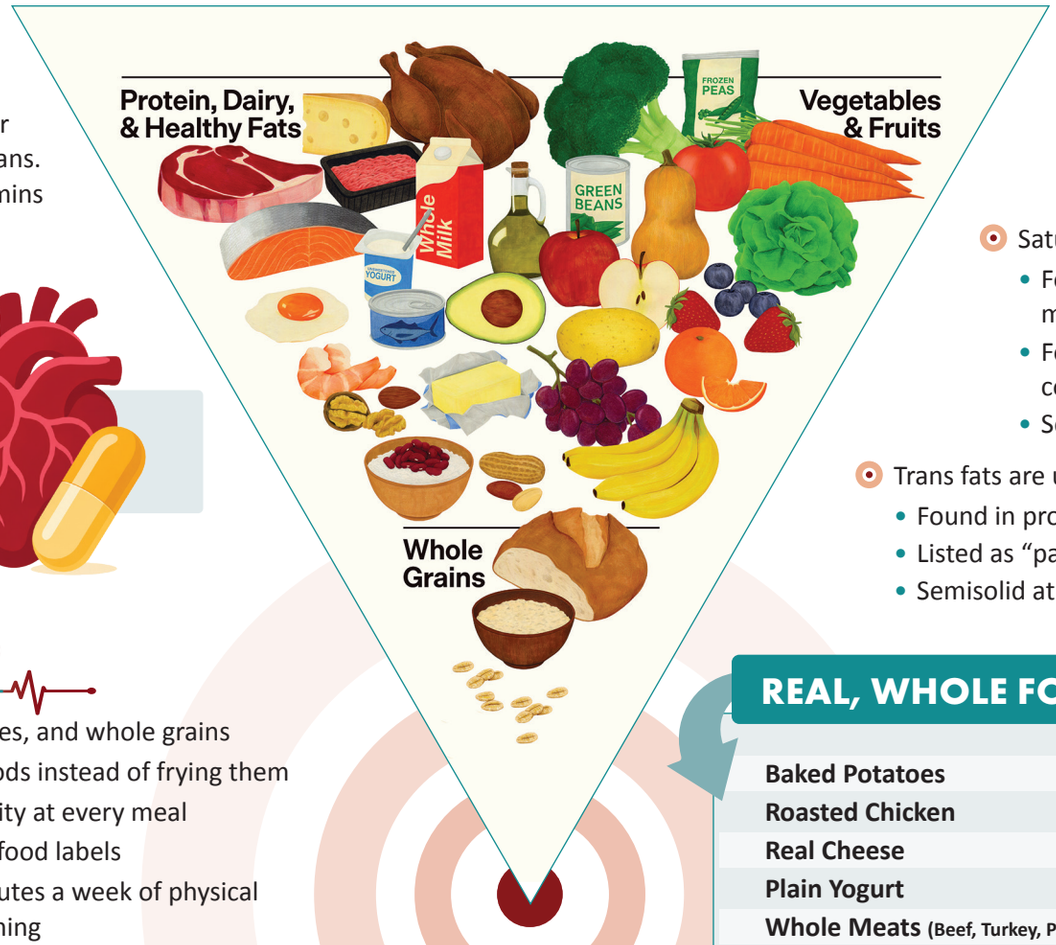
Fat Attack™

WHAT IS FAT?

Dietary fat is an essential part of a healthy diet. Fat provides fuel for the body and protects its vital organs. It also helps the body absorb vitamins and helps us feel full, which can help prevent overeating. Fat is found in many foods such as meat, dairy, nuts, and oils.



DIETARY GUIDELINES FOR AMERICANS, 2025–2030*



TYPES OF FAT

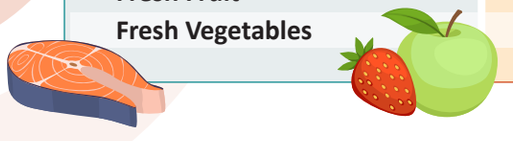
- Unsaturated fats are healthy when eaten in moderation
  - Found mostly in plants like olive oil, nuts, seeds, and avocado
  - Found in some animal products like salmon and tuna
  - Liquid at room temperature
- Saturated fats are unhealthy if eaten in excess
  - Found mostly in animal products like fatty meats and full-fat dairy foods
  - Found in some plant sources like coconut and palm oil
  - Solid at room temperature
- Trans fats are unhealthy when eaten in any amount
  - Found in processed foods, baked goods, and fried foods
  - Listed as “partially hydrogenated” oil on a food label
  - Semisolid at room temperature

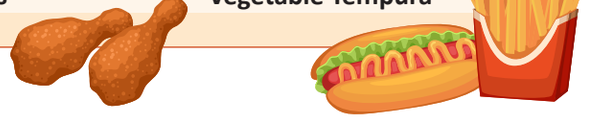


WHAT YOU CAN DO

- ✓ Focus on fiber-rich fruits, vegetables, and whole grains
- ✓ Broil, grill, roast, or steam your foods instead of frying them
- ✓ Make high-quality proteins a priority at every meal
- ✓ Pay attention to portion sizes and food labels
- ✓ Adults should get at least 150 minutes a week of physical activity that includes strength training

REAL, WHOLE FOODS	HIGHLY PROCESSED FOODS	
Baked Potatoes	Fries/Hash Browns	Potato Chips
Roasted Chicken	Chicken Nuggets/Patty	Fried Chicken
Real Cheese	Cheese Sauce/Spread	Fried Mozzarella
Plain Yogurt	Sweetened Yogurt	Frozen Yogurt
Whole Meats (Beef, Turkey, Pork)	Deli Meats/Cold Cuts	Sausages/Hot Dogs
Real Fish	Fried Fish Fillet	Fish Sticks
Whole Oats	Sweetened Cereals	Granola Bars
Fresh Fruit	Fruit-filled Baked Goods	Jelly/Jam/Preserves
Fresh Vegetables	Onion Rings	Vegetable Tempura





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*Eat Real Food dietary guidelines pyramid courtesy of *USDA Food and Nutrition Administration.* https://cdn.realfood.gov/DGA.pdf