



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

WHAT IS FAT

WHAT YOU CAN DO

Eat the Healthy Foods Below to Help Lower Your Bad Cholesterol...

- High-fiber foods such as oatmeal, breakfast cereals, oat bran, whole grain bread and pasta, beans, apples, pears, barley, and prunes
- Fish such as salmon, tuna, mackerel, halibut, trout, and sardines
- Nuts such as walnuts, almonds, pistachios, macadamias, pine nuts, and hazelnuts
- Olive oil, peanut butter, or low-fat cheese added to your bread
- Low-fat or nonfat milk, yogurt, and cheese

...and visit the Fat Attack™ home page

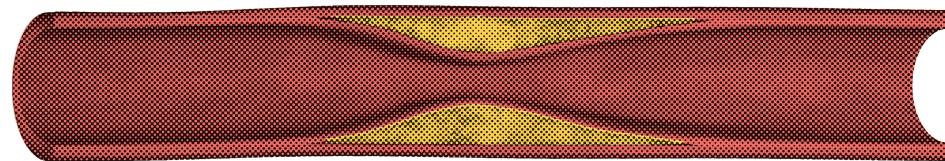


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◀ Scan the QR code with your smart phone to visit the Fat Attack™ home page.



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



WHY FAT FACTS Matter to You



ATTACK *the* FAT

in your SNACK!

Choose healthier snack options that keep unhealthy fats in check, such as:

- Roasted unsalted nuts *instead* of cookies
- Air-popped popcorn *instead* of potato chips
- Frozen yogurt *instead* of ice cream
- Toasted whole grain English muffin with jelly *instead* of a jelly donut
- Mini whole wheat bagel with peanut butter *instead* of a muffin

Love it!

Grilled chicken breast
 Reduced fat or light string cheese
 Whole grain bread spread with avocado
 Roasted potatoes drizzled with olive oil
 Garden salad with oil and vinegar
 Unprocessed oatmeal topped with nuts

Limit it!

Baked chicken leg with skin
 Regular cheddar cheese
 Biscuit
 Mashed potatoes
 Vegetables sautéed in butter
 Cornbread with jam

Lose it!

Fried chicken
 Fried mozzarella sticks
 Fried dough
 French fries
 Onion rings
 Crème-filled donuts

LIMIT UNHEALTHY FATS DINING OUT!

When eating out, choose healthier fats and lower-fat options, such as:

- Bread dipped in olive oil *instead* of spread with butter
- Salad dressings and sauces “on the side”
- Foods broiled, grilled, or steamed *instead* of fried
- Mustard or avocado *instead* of mayo
- A 6-inch sub sandwich *instead* of a foot-long
- Split your order with someone else (or take half home)

Healthy fats are made by nature and provide health benefits for your body. Aim to include healthy fats in moderation or go with lower-fat options (Love It!) and know which unhealthy fats to limit (Limit It!) and avoid (Lose It!)

- Unsaturated fats are healthy fats when eaten in moderation (Love It!). They are found in plants (like olive oil and avocado) and fish (like salmon and tuna)
- Saturated fats are unhealthy fats if eaten in excess (Limit It!). They are found mostly in fatty meats and full-fat dairy foods like butter and cheeses made from whole milk

- Trans fats are unhealthy fats when eaten in any amount (Lose It!). They are found in processed foods, baked goods, and fried foods. Look for trans fats listed as “partially hydrogenated” oil on a food label



Love it!

Limit it!

Lose it!