



# HEALTHY AT 80

www.communityhealthdayton.org

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## FATS: THE GOOD. THE BAD. & THE UGLY

**Does my body need fat?** Yes, it does. Dietary fats are essential to give your body energy and to support cell growth. Fats help your body absorb some nutrients and produce important hormones, too.

**Are there different kinds of fats?** There are 3 major kinds of fats in the foods we eat: saturated fats, trans fats, and unsaturated fats.

⇒ The different types even have different physical properties. The unhealthy fats, saturated and trans fats, tend to be more solid at room temperature (like a stick of butter), while unsaturated fats tend to be more liquid (like liquid vegetable oil).

⇒ Fats can also have different effects on the cholesterol levels in your body. The bad fats, saturated fats and trans fats, raise bad cholesterol (LDL) levels in your blood. Unsaturated fats can lower bad cholesterol levels and are beneficial when consumed as part of a healthy dietary pattern.

**Do all fats have the same number of calories?** There are 9 calories in every gram of fat. Fats are more caloric than carbs and proteins, which provide 4 calories per gram. Consuming high levels of calories – regardless of the source – can lead to weight gain or being overweight. Consuming high levels of saturated or trans fats can also lead to heart disease and stroke.

Healthy at 80 is Community Health Centers of Greater Dayton’s informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

[www.communityhealthdayton.org/healthyat80](http://www.communityhealthdayton.org/healthyat80)



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## THE SKINNY ON SATURATED FATS

*Eating foods that contain saturated fats raises the level of cholesterol in your blood. High levels of LDL cholesterol in your blood increase your risk of heart disease and stroke.*

- ◇ **What foods contain saturated fats?** Saturated fats occur naturally in many foods. The majority come mainly from animal sources, including meat and dairy products. Examples are: beef, lamb, pork, poultry with skin, lard, cream, butter, cheese and other dairy products made from whole or reduced-fat (2%) milk. In addition, many baked goods and fried foods can contain high levels of saturated fats. Some plant-based oils, such as palm oil, palm kernel oil and coconut oil, also contain primarily saturated fats.
- ◇ **What's my daily limit for foods with saturated fats?** The American Heart Association recommends aiming for a dietary pattern that achieves 5% to 6% of calories from saturated fat. For example, if you need about 2,000 calories a day, no more than 120 of them should come from saturated fats. That's about 13 grams of saturated fats a day.
- ◇ **What are alternatives to replace saturated fats in the foods I eat?** Choose lean meats and poultry without skin and prepare them without added saturated and trans fat. You should replace foods high in saturated fats with foods high in unsaturated fats. This means eating foods made with liquid vegetable oil but not tropical oils. It also means eating fish and nuts. You also might try to replace some of the meat you eat with beans or legumes.

## CAN FATS BE PART OF A HEALTHY DIET?

*Eating foods with fat is definitely part of a healthy diet.*

Just remember to choose foods that provide good fats (unsaturated fats) and balance the amount of calories you eat from all foods with the amount of calories you burn.

Aim for a dietary pattern that emphasizes eating vegetables, fruits, and whole grains; includes low-fat dairy products, poultry, fish, legumes, non-tropical vegetable oils and nuts; and limits intake of sodium, sweets, sugar sweetened beverages and red meats. Doing so means that your diet will be low in both saturated fats and trans fats.

*Does eating more healthfully mean giving up my favorite foods?*

A healthy diet can include the foods you love. You don't have to avoid these treats entirely, but you do need to eat less of foods that are low in nutrition and high in calories.

## THE SATURATED FAT DEBATE

*There's a lot of conflicting info about saturated fats. Should I eat them or not?*

- ◆ **The American Heart Association (AHA) recommends limiting saturated fats – which are found in butter, cheese, red meat and other animal-based foods. Decades of sound science has proven saturated fat can raise your “bad” cholesterol & put you at higher risk for heart disease.**
- ◆ **The important thing to remember is the overall dietary picture. Saturated fats are just one piece of the puzzle. In general, you can't go wrong eating more fruits, veggies, whole grains and fewer calories.**
- ◆ **When you hear about the latest “diet” or a new theory about food, consider the source. The AHA makes recommendations only after carefully considering the latest scientific evidence.**

# FATS THE GOOD THE BAD & THE UGLY



### ✓ GOOD

#### Monounsaturated & Polyunsaturated Fats

- Can lower bad cholesterol levels
- Can lower risk of heart disease & stroke
- Can provide essential fats that your body needs but can't produce itself

##### SOURCE

Plant-based liquid oils, nuts, seeds and fatty fish

##### EXAMPLES



### ✗ BAD

#### Saturated Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke

##### SOURCE

Most saturated fats come from animal sources, including meat and dairy, and from tropical oils

##### EXAMPLES



### ✗ UGLY

#### Hydrogenated Oils & Trans Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke
- Can increase risk of type 2 diabetes

##### SOURCE

Processed foods made with partially hydrogenated oils

##### EXAMPLES



American Heart Association Recommendation

Eat a healthy dietary pattern that:

**Includes good fats** | **Limits saturated fats** | **Keeps trans fats as LOW as possible**

For more information, go to [heart.org/fats](http://heart.org/fats)

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## NUTRITION BITES!

**Go Fish!** Fish is a good source of protein and, unlike fatty meat products, it's not high in saturated fat.

- ⇒ Fish is also a good source of omega-3 fatty acids. Omega-3 fatty acids benefit the heart of healthy people, and those at high risk of — or who have — cardiovascular disease. Research has shown that omega-3 fatty acids decrease risk of arrhythmias (abnormal heartbeats). Omega-3 fatty acids also decrease triglyceride levels, slow growth rate of atherosclerotic plaque, and lower blood pressure (slightly).
- ⇒ The AHA recommends eating fish at least two times a week. Each serving is 3.5 ounce cooked, or about ¾ cup of flaked fish. Fish like salmon, mackerel, herring, lake trout, sardines and albacore tuna are high in omega-3 fatty acids.
- ⇒ Increasing omega-3 fatty acid consumption through foods is preferable. However, those with coronary artery disease may not get enough omega-3 by diet alone. These people may want to talk to their doctor about supplements.
- ⇒ Is there a catch? Some types of fish may contain high levels of mercury and other environmental contaminants. Levels of these substances are generally highest in older, larger, predatory fish and marine mammals. Avoid eating shark, swordfish, king Mackerel, or tilefish because they contain high levels of mercury.

# Delicious & Nutritious

Usually made with gobs of cheese, heavy cream, and eggs, quiche is normally a calorie-dense dish. Instead, this quiche slashes calories and fat with egg whites, fat-free cheese, turkey bacon and skim milk—not to mention a crust made of grated sweet potatoes that is so tasty, you'll never miss traditional pastry dough.

## TURKEY BACON AND SPINACH QUICHE WITH SWEET POTATO CRUST

- 1 medium sweet potato, washed
- 1 tsp. canola oil
- 1 medium yellow onion, finely diced
- 6 slices turkey bacon, thinly sliced
- 1, 10- oz. packaged, frozen, chopped spinach, thawed
- 3/4 tsp. dried dill
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 2 large eggs
- 4 large egg whites
- 1/4 cup skim milk
- 1 1/2 Tbsp. fat-free feta cheese



- ⇒ Preheat oven to 400°F. Place a box grater into a medium bowl. Grate the sweet potato until there are 2 cups grated sweet potato. Coat a 9-inch pie plate with cooking spray. Gently press the sweet potato into the bottom of the pie plate and up the sides; the sweet potatoes will be loose but will hold together once cooked. Place in the oven and bake until sweet potato crust is cooked, about 20 minutes. Remove from oven and decrease oven temperature to 350°F.
- ⇒ Meanwhile, in a medium pan, warm oil over medium-high heat. Finely dice the onion and add to the pan. Cook until almost translucent, about 6 to 8 minutes. Add turkey bacon, continuing to stir and cook until onions and bacon begin to brown, about 3 to 4 minutes. Stir in spinach, dill, salt, and pepper; cook until water from the spinach is released, about 1 to 2 minutes. Remove from heat. Use a spatula to transfer mixture from pan into the sweet potato pie shell.
- ⇒ In a bowl, add eggs, egg whites, and milk. Using a fork, whisk to combine. Pour eggs over vegetable mixture in the pie shell. Dot the feta cheese over the top of quiche. Cook quiche in oven until eggs in the center are set, about 35 to 40 minutes. Remove from oven and let cool just a few minutes before slicing to serve.

## Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

### Health Centers

Appointment Line:  
937-461-6869

#### Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342  
Phone: 937-247-0304

#### Charles Drew Health Center

1323 West Third Street Dayton, OH 45402  
Phone: 937-461-4336

#### Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404  
Phone: 937-228-0990

#### East Dayton Health Center

2132 East Third Street Dayton, OH 45503  
Phone: 937-528-6850

#### Southview Health Center

25 Thorpe Drive Dayton, OH 45420  
Phone: 937-258-6330

#### Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402  
Phone: 937-558-0180

## Dental Center

#### East Dayton Dental Center

2123 East Third Street Dayton, OH 45403  
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