

What happens if I get too much?

Increases health risks for various conditions such as:

- Obesity
- Heart disease
- Cancer
- Diabetes

Tips:

- Choose healthy fats
- 1 Tbsp. of oil, butter, margarine, or mayonnaise is equal to 100 calories
- Limit added fats by baking, broiling, and grilling meats
- Choose lean meat sources such as poultry without skin, fish, lean beef, lean pork, nuts, beans or seeds
- Limit meat portion size to approx. 3 oz. (size of deck of cards) cooked
- Choose low fat or fat free dairy products
- Choose less of the processed foods such as:
 - chips
 - crackers
 - canned and cured lunch meats
 - premix package foods (seasoned rice and pastas)
 - spreads
 - fast foods
 - baked goods
 - precooked and frozen dinners
 - toppings and dips

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<https://www.gov.bm/eat-well-bermuda-dietary-guidelines-bermudians>
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GOVERNMENT OF BERMUDA
Department of Health

Fats



Common Dietary fats:

Monounsaturated, polyunsaturated, Omega 3, Omega 6, cholesterol, saturated, trans fats

What are Dietary Fats?

Dietary fats are found in both plant and animal foods. Fats supply calories, essential fatty acids, and help take in the fat-soluble vitamins A, D, E, and K.

Healthy fats:

- Monounsaturated fats can be found in olive oil, peanut oil, canola oil, avocados, nuts and seeds.
- Polyunsaturated fats can be found in vegetable oils (such as safflower, corn, sunflower, soy oils), nut oils (such as peanut oil), nuts and seeds.

Essential fatty acids

- Omega 6 and Omega 3 maintains good health. You should consume a ratio of 2:1– 4:1 of these fats. An imbalance of consumption of these fats can increase the risk of inflammation.

There are many sources of essential fatty acids that you can add to your diet to get the nutrients that you need.

Omega-3 sources include:

- nuts
- soybeans
- walnut oil
- canola oil
- flaxseed oil
- fatty fish such as salmon, herring, cod,

flounder, tuna, bluefish and shrimp, mackerel

Omega-6 sources include:

- soybean oil
- corn oil
- safflower and meats

Unhealthy fats:

- Saturated fats are found in animal and animal by products such as butter, whole and 2% dairy products, meats (beef, bacon, poultry with skin and lamb) and processed meats.
- Other sources of saturated fats, requiring more study can also be found in plant sources such as tropical oils: coconut, cotton, palm kernel and palm oils. These can be found in snacks and some fried foods which should be used in moderation.
- Trans fats: Small amounts can be found in various animal products and butter fat, butter and milk. Larger amounts are found in shelf-stable food items, commercial baked goods, foods including hydrogenated or partially hydrogenated vegetable oils, processed foods and margarine.

<http://www.fitday.com/fitness-articles/nutrition/vitamins-minerals/how-essential-fatty-acids-benefit-the-body.html>

Cholesterol:

- Cholesterol is a waxy fat produced by the body to make different hormones.
- The dietary source of cholesterol is found in all animal and animal by products such as meats, egg yolks, whole fat dairy products, shell fish and organ meats.
- Eating too many foods high in saturated

and trans-fats produce bad cholesterol known as LDL cholesterol.

- Eating foods high in monounsaturated, polyunsaturated and the Omega oils reduce bad cholesterol and increase good cholesterol known as HDL cholesterol.

What are fats used for in the body?

- Stores excess calories for energy
- Cell membrane production
- Helps protect vital organs
- Warmth and insulation
- Storage of fat soluble vitamins
- Production of sex hormones

Fats are essential for normal body function, and some fats are better for you than others. Trans fats, saturated fats are less healthy than polyunsaturated, monounsaturated and Omega 3 fats.

How Much Fat Can I Eat?

Your Total Daily Calories	Recommended Maximum Calories From Fat	Recommended Maximum Grams of Fat*
1,600	400 to 560	44 to 62
1,800	450 to 630	50 to 70
2,000	500 to 700	56 to 78
2,200	550 to 770	61 to 86
2,400	600 to 840	67 to 93
2,600	650 to 910	72 to 101
2,800	700 to 980	78 to 109

Calorie intake is based on age, sex and activity level. The above numbers are based on healthy adults not children.

<http://health.howstuffworks.com/wellness/diet-fitness/information/how-many-grams-of-fat-can-i-eat-in-a-day.htm>