

Zero Weight Gain

HOLIDAY CHALLENGE



December 23, 2013/ Issue 11

Choosing Healthier Fats

Some fat in a weight control diet can be good

For a long time fat was the villain in everyone's diet and many food companies introduced low fat or non-fat processed foods. Sadly many of these low fat foods were full of sugar, refined flour and other less desirable ingredients. So instead of improving our diet by eating more unprocessed foods that are naturally low in fat, we filled up on processed "low fat" junk food.

Now nutrition experts are touting the benefits of choosing healthier fats in moderate amounts. Fat still has more than double the calories of carbohydrate and protein (9 calories per gram vs 4 calories per gram), but at least these healthier fats contain more fatty acids that may protect us from heart disease. Also moderate amounts of fat make us feel more satisfied with our meals and help us to absorb fat-soluble vitamins like Vitamins D and A.

What fats should we be using? Basically fats that are lower in saturated and trans fats and higher in unsaturated fats. These unsaturated fats are mono-unsaturated and poly-unsaturated. They are mainly found in liquid vegetable oils, nuts, seeds, avocados, soft margarine, salmon, trout, tuna and other fatty fish.



Choose liquid oils, nuts, avocados, fish and other foods containing healthier fats.

This does not mean you should add a half cup of soft margarine to your mashed potatoes or eat an entire jar of peanuts while you watch TV. Instead, substitute small amounts in your meals for less healthy fats within your desired calorie allotment for the day.

What are some ways to use these fats in reasonable amounts?

- ▶ Use a small amount of soft margarine, especially the light kind, to season vegetables, spread on bread, and add to cooked cereal.
- ▶ Replace cheese in salads with chopped nuts.

Healthier Fats ...



- ▶ Dip sliced apples or pears in a small amount of almond or peanut butter.
- ▶ Add sliced olives to salads, rice and vegetable dishes instead of creamy dressings, butter or bacon.
- ▶ Fill an omelet with diced avocado, chopped tomato and sautéed peppers and onions instead of cheese.
- ▶ Add seeds to cooked and cold cereals or sprinkle them on fruit salad.
- ▶ Dress a tossed salad with 1-2 teaspoons of olive oil and a dash of balsamic vinegar with a packet of sugar substitute.
- ▶ Mix light mayonnaise half and half with plain non-fat yogurt and some sugar substitute to make a dressing for slaw.

What is a serving size? Generally the amount that provides about 5 grams of fat and 45 calories. Depending on your calorie needs, you can usually have 1-3 servings per meal.

Source of Fat	One Serving
Soft margarine or liquid oil	1 teaspoon
Peanuts	10 nuts
Pecans or walnuts	4 halves
Pistachios	16 nuts
Almonds	6 nuts
Nut Butters	1 ½ teaspoons
Olives, green	10 large
Olives, black	8 large
Pumpkin, sunflower, flax or sesame seeds	1 tablespoon
Mayonnaise	Regular – 1 teaspoon Light – 1 tablespoon
Avocado	2 tablespoons
Non-creamy salad dressing	1 tablespoon

The University of Georgia is
an Equal Opportunity/
Affirmative Action
Institution

Publication # FDNS-E- 175-11

