

Week Nine:

Nutrition Strategy: Calculate Fat Intake

A calorie is a calorie. Each gram of fat (no matter the source) contains 9 calories; each gram of carbohydrates and proteins contains 5 calories. Limit fat intake to less than 40 grams per day.

Type	Facts	Source	Health Concerns	Limits
Saturated	Solid at room temperature	beef, beef fat, veal, lamb, pork, lard, poultry fat, butter, cream, milk, cheeses and other dairy products made from whole and 2 percent milk, coconut, coconut oil, palm oil and palm kernel oil (often called tropical oils), and cocoa butter	Raises LDL (bad cholesterol) levels	Less than 7% of calories
Trans-fatty acids & Hydrogenated	Chemical process of adding hydrogen to fats to improve shelf life	Major contributor is margarine, shortening, cooking oils and foods prepared with these products	Raises LDL (bad Cholesterol levels). Trans-fat also found to lower HDL (good cholesterol) level	Less than 1% of total calories
Polyunsaturated & Monounsaturated	Generally liquid at room temperature	fish, nuts, seeds and oils from plants salmon, trout, herring, avocados, olives, walnuts and liquid vegetable oils such as soybean, corn, safflower, canola, olive and sunflower	Helps to lower cholesterol levels when replacing saturated fat	Less than 25 – 35% of calories from fat
Omega 3's & 6's	A collection of essential fatty acids such as EPA, DHA & ALA	coldwater fish such as herring, mackerel, sturgeon, and anchovies, walnuts, canola oil, broccoli, cantaloupe, kidney beans, spinach, grape leaves, Chinese cabbage, cauliflower, and, flaxseed	Reduces risk of heart disease & stroke while helping to reduce symptoms of hypertension, depression, ADHD, joint pain & other rheumatoid problems, as well as certain skin ailments by decreasing inflammation	6 – 8 grams Omega 3's per week (equivalent to 2 servings fatty fish or 2 ounces walnuts per week)

To get more essential fatty acids:

- Eat 2 servings cold water fatty fish per week
- Eat 2 ounces walnuts per week
- Add flaxseed to breakfast cereal or smoothie