



Fat is an essential nutrient in the diet. Kids need healthy sources of fat to reach their immune, intellectual and growth potential.

FOCUS ON HEALTHY FATS

Fat is mainly responsible for energy storage, insulation, and protecting vital organs and nerve cells. High fat diets are linked to obesity, cardiovascular disease, and even some types of cancer. Do not put children under 2 years of age on a low fat diet; and focus on the type and amount of fat for children over 2 years of age.

What are the different types of fat?

LIMIT Saturated Fat: These fats are solid at room temperature. The most common sources come from meat (e.g. beef fat, pork fat) and whole fat dairy products. These should be limited as they are linked to heart disease.

FOCUS on Mono and Poly-unsaturated fats: These are commonly found in vegetable oils, avocados, nuts, and fish. Fatty fish provides essential fatty acids your body does not produce (Omega-3 fatty acids).

AVOID Trans Fat: This is the worst type of fat. It can be found in icing, chips, margarine, fried food, and baked processed foods.

The process of artificially hydrogenating oils converts a liquid fat to a solid fat. As with saturated fats, trans fat raises bad cholesterol levels and is linked to cardiovascular disease.

* A product can say 0 trans fat and still contain it! To be sure, look for the words "partially hydrogenated oil" on the ingredient label.

To limit saturated and trans fat:

Drink low fat milk (kids under 2 years need whole milk products)

Consume low fat dairy products: cheese and yogurt for example

Replace fatty meats with skinless chicken, fish, or other lean meats.

Make fewer trips to fast food chains, and DON'T SUPERSIZE!!

Limit butter, and for margarine choose the 0 trans fat tub, not the stick margarine.

CAFETERIA/ AT HOME

1. Serve fish, nuts and seeds often
2. Use low-fat substitutions when preparing meals
3. Evaporated low-fat milk for heavy cream
4. Use more canola and olive oil and cut back on butter
5. Reduced creamy fat dressing and cheese made from part skim instead of whole milk
6. Use healthier cooking methods (bake and broil, not fry).
7. Trim fat from meat
8. Beware – low fat usually means more sugar. Avoid products with added sugar.

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MORE INFORMATION

American Heart Association on SHOPPING: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Heart-Smart-Shopping_UCM_001179_SubHomePage.jsp

USDA Build a Healthy Plate Low in Solid Fats: <http://www.fns.usda.gov/sites/default/files/fats.pdf>



Healthy Fats Recommendations

- Avoid Trans fat (partially hydrogenated oils)
- Limit Saturated fat (solid at room temperature)
- Use vegetable oil especially extra virgin olive oil
- Fatty fish 2x week: salmon, albacore tuna, sardines

KIDS!



Choose healthy fats!

Try this experiment:

1. Get a straw and dip it in olive oil. Pour water into a glass and try and drink the water through the straw dipped in oil. Can you do it?
2. Now take another straw and dip it in butter or Crisco. Try and use that straw to drink water...

Can you do it?

****Stick to the liquid fats!****
They keep blood moving around your body easier!



CHOOSE IT



LIQUID FATS ARE FRIENDLY!

LOSE IT



SOLID FATS ARE MEAN!

SPY THE FRIENDLY FATS

1. At the grocery store, look at the back of packages for the truth!
2. Find the ingredient list...
3. IF ANY OF THESE WORDS ARE ON THE

LIST, PUT THE PACKAGE BACK:

Partially hydrogenated oil
Hydrogenated oil

BUILD A HEALTHIER YOU...

Check the box or add a sticker when you finish the weekly challenge!!

WEEK 1: Eat a healthy source of fat each day: Seeds, avocado, flax seeds (nuts, if no allergy)



WEEK 2: Replace french fries with baked potato, fried chicken with grilled chicken, and hamburger with whole grain turkey sandwich.



WEEK 3: Eat fish 2 times this week! Try a tuna sandwich or salmon salad!



WEEK 4: Save bacon, sausage, or hot dogs for a once-a-week treat!



ONCE A WEEK

