



Health Beat

Monthly Insight on Health and Nutrition

The Fat Facts



There are four different kinds of fats: monounsaturated, polyunsaturated, saturated, and Trans fats. Therefore, understanding the difference between “good” fats and “bad” fats can be difficult. That’s why after reading this article you will have a better understanding of what types of fats are good for you, and should be eaten in

moderation, and what types of fats should be avoided as much as possible in your diet. While fats and oils should be used sparingly, they should not be eliminated completely from your diet. Fats do provide your body with several important functions like: providing energy to your body, insulating your body, promoting healthy skin and hair, and they help absorb and transport fat-soluble vitamins that are essential for good health.

“Good” Fats

The two “good” fats are monounsaturated and polyunsaturated fats and are essential fatty acids that cannot be produced by the body. These “good” fats consist of omega 3 and omega 6 fatty acids. It has been found that a diet high in omega-3 fatty acids can help prevent diseases like: diabetes, heart disease, and obesity. Omega-3 fatty acids can be found in fatty fish such as: Herring, Salmon, Mackerel, and Trout. Three to four 3 ounce servings a week of any of the fish listed above will provide you with enough omega-3 fatty acids for a healthy diet. If you are not a fish eater, omega-3 fatty acids can also be found in ground flaxseed, walnuts, almonds, canola and olive oils.

“Bad” Fats

The other two forms of fat are saturated and Trans fats. These types of fats are classified as “bad” fats and should be avoided as much as possible in your daily diet. Diets high in saturated and Trans fats have been linked to heart disease, stroke, and high blood pressure. Saturated fat typically comes from animal-based foods such as fatty meats, cheese, butter, whole milk, coconut and palm oils. Trans fat is found in fat that was once liquid at room temperature but made solid by a process called hydrogenization. Bakery goods, fried foods, and prepackaged processed foods are some of the most common forms of Trans fats.

How much fat should you be eating?

It is good to keep your fat consumption to less than 30% of your total calories. For example, on a 2,000 calorie diet, the average person would need approximately 65 grams of total fat. This means that 20% of ones fat intake should be from monounsaturated (10%) and polyunsaturated (10%) and 7-10% of fat should come from saturated fats with less than 1% from trans fats. If you have heart disease or have had a heart attack, speak with your doctor and dietitian as they may have a more specific guidelines for you. It’s important to know that fats can be a part of a healthy meal plan, they just need to be included sparingly.

Salmon and Asparagus Fettuccini Alfredo

Yields-4
Serving Size 1 cup

1 tbsp	olive oil
12 ounces	cooked salmon, cut into small pieces
1 bunch	asparagus, trimmed and cut into 1-inch pieces
2 cups cooked	fettuccini noodles
¼ cup	butter
2 cups	skim milk
2 cups	parmesan cheese
2 tbsp	flour
1 tsp	basil
1 tsp	oregano
1 tsp	rosemary

Heat oil in frying pan on medium heat. Add salmon and cook on each side for 2-4 minutes or until juices are clear. Remove from pan, let cool, and cut into small pieces. Bring large pot of water to a boil. Add cut asparagus and cook until tender but firm, 1-4 minutes. Scoop out the asparagus and let cool. Add pasta to pot of boiling water and cook until desired firmness is reached. Drain when done.

In the meantime, melt butter in pan on medium heat. Add milk and cheese, cook until cheese is melted stirring often. Add garlic powder, basil, oregano, and rosemary. Mix well. Add flour until desired sauce thickness is reached. Add salmon, asparagus and noodles to sauce. Toss and serve hot.

