



Fat: Essential for Life

What's your number of recommended fat grams?

- ✓ The amount of fat you need is based on how many calories you need.
- ✓ Recommendations for fat grams range from 20-30% of total calories.
- ✓ That translates into about 20-40 grams of fat for women and 30-50 grams of fat for men.

Recommendation: 30-50 grams fat per day

Read food labels to determine fat grams.

5 grams = 1 teaspoon of fat (butter, margarine, lard, oil)

15 grams = 1 tablespoon of fat (3 teaspoons = 1 tablespoon)

Avoid unhealthy fats:

Saturated fats: meats, hard cheese, whole milk, butter, eggs, fast foods, snack foods

Trans Fatty Acids: partially hydrogenated fats in snack foods and fast foods

High Fat Foods

Chips – 8 oz bag

Large Burger & Fries

Steak – 8 oz

Approx. grams of fat

88 grams of fat

60 grams of fat

65 grams of fat

Choose healthy fats:

Monounsaturated fats: nuts (walnuts, pecans, almonds, etc.), seeds (sesame, sunflower), avocados, olives and some oils (olive oil, soy oil, and canola oil).

Omega-3-fatty acids: ground flax seed, walnuts

Daily recommendation: 2 tablespoons nuts or seeds – 10 grams of fat

Make a healthy salad:

Choose mixed dark greens.

Choose from: red, green, orange and/or yellow pepper, tomatoes, cucumbers, carrots, green onions, celery, parsley, tender summer squash, and/or garbanzos or beans (drained).

Choose from healthy fats with olives, avocado, nuts (walnuts, pecans, or pinenuts) or seeds (sesame or sunflower).

Add a healthy dressing with olive oil and lemon juice. Try adding a little tahini (sesame seed butter).