

Fats and Healthy Eating

Fats are an important part of a healthy diet. They are a valuable source of energy & essential fatty acids, a component of our cell walls, and help with absorption of fat-soluble vitamins (A, D, E, & K). They also help insulate our bodies to keep us warm, & provide protection to our internal organs.

Why Should I Care About Fat?

- #1 Too much fat may lead to weight gain and high cholesterol levels.
- #2 Too much fat can increase your risk of cardiovascular diseases that can increase the chance of a heart attack or stroke.
- #3 The key is to understand how to **choose the RIGHT type of fat** and limiting intake to **20-35% of daily calories**.

What Are the Different Types of Fat?

Trans-Fat:

- Made when liquid fat is changed to solid fat through hydrogenation. A process that helps the food to last longer and taste better, but greatly decreases nutritional value!
- There is no “safe level” of trans fats; try to avoid these completely!

Saturated Fat:

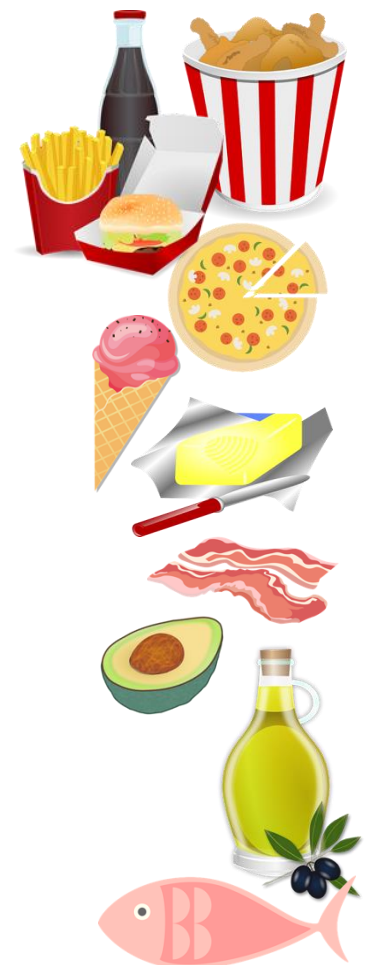
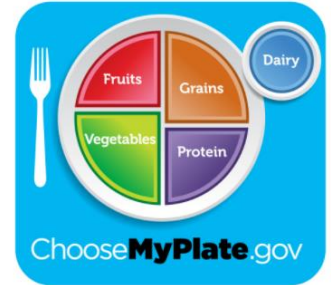
- Fats which are solid at room temperature, usually from animal products such as butter or the fat around meat.
- Contributes to “bad” cholesterol levels, try to limit saturated fat to less than 10% of daily calories.

Unsaturated Fat:

- Fluid or liquid at room temperature, and typically from plant sources such as olives, nuts, or seeds; often called “oils.”
- Contain mostly monounsaturated and polyunsaturated fat (the “good” fat).

TIPS

1. Check food labels and look for the amount and types of fat listed.
2. Use oils instead of solid fats when cooking. For instance, try olive oil instead of butter.
3. Try to eat fish instead of meat a couple of times a week, and/or choose lean meats over more red and fatty meats.



<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fat/art-20045550>

Salmon Pasta Skillet

Prep Time: 10 minutes

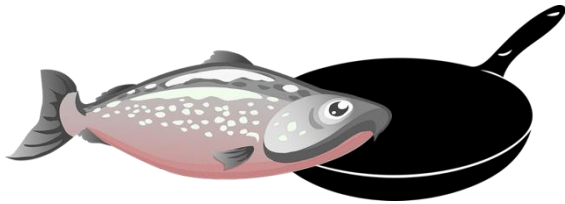
Cook Time: 20 minutes

Servings: 3 servings



Ingredients

- 1 ½ Cup Whole-Grain Pasta
- 1 Can (5 ounces) Canned Salmon, Drained
- 2 ¼ teaspoons Olive Oil
- 2 Tablespoons Chopped Onion
- 2 Small, Chopped Tomatoes
- 3 Tablespoons Lemon Juice
- 1 Tablespoon Chopped Parsley- OR 1 teaspoon Dried Parsley (optional)



Directions

Step 1: Cook the pasta as the directions suggest and set the cooked product aside.

Step 2: While the pasta is cooking, heat olive oil in a skillet over medium heat- add onion when hot and cook until tender.

Step 3: Add the cooked pasta, salmon, tomatoes, lemon juice, salt, and parsley (if desired) to the onion and oil. Cook until the product is heated all the way through.

Step 4: Enjoy this meal together at the dinner table with your family and loved ones if possible and remember to refrigerate any leftovers within 2 hours!

This recipe and many others can be found at: www.foodhero.org

Good news about everything that's good to eat!



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