

Facts on Fats

Fats are sometimes portrayed as a “bad” nutrient that people should avoid in their diets, but that is far from the truth. Fats are a source of energy that the body needs and uses for many different functions. However, depending on the type of fat and how much of that certain fat is eaten, it can result in health problems. This goes for lots of other nutrients as well! It’s all about the type of nutrient and how much of that nutrient that is eaten that can either help or prevent a person from having a healthy diet. Fats in particular can help a person’s cholesterol levels, dependent on what type of fat. Certain fats can either raise or lower LDL cholesterol (which is considered the “bad” cholesterol) and HDL cholesterol (“good cholesterol”). Having a diet with a variety of healthy fats can help prevent heart disease and Type 2 Diabetes. Not only does fat have the creamy mouthfeel that people love, it also provides many vitamins such as Vitamin A, D, K and E. Below is a chart that describes the four different types of fats, their characteristics, food sources, and USDA Dietary Guideline recommendations.

Type of Fat	Properties	Foods that Contain the Certain Fat	Dietary Guidelines Recommendation
Saturated Fat	<ul style="list-style-type: none"> • Solid at room temperature • Raises cholesterol levels in the blood 	Butter, fatty beef, lamb, pork, poultry, lard, cream, cheese, dairy, baked goods, processed foods, vegetable oil, and coconut oil.	10% of total fat can come from saturated fat. This is about 13 grams per day. Try to eat lean meat and low/no fat dairy.
Trans Fat	<ul style="list-style-type: none"> • Solid at room temperature • Raise LDL cholesterol • Lowers HDL cholesterol • Increases risk of developing heart disease, stroke, and Type II Diabetes 	Read the ingredients lists and look for the words hydrogenated or partially hydrogenated oils. Found in fried foods, baked goods, processed foods, and margarines.	There are no recommendations for trans fat. Trans fats should be avoided. Products can be listed as 0 grams trans fat if the product contains less than 0.5 grams of trans fat per serving, so always read the food label.
Monounsaturated Fat	<ul style="list-style-type: none"> • Liquid at room temperature • Reduce LDL cholesterol • Contains Vitamin E 	Olive oil, canola oil, peanut oil, safflower oil, sesame oil, avocados, peanuts, nuts, and seeds.	Children Ages 2-3: 3 tsp Children Ages 4-8: 4 tsp Kids Ages 9-18: 5-6 tsp Women Ages 19-30: 6 tsp Women Ages 31+: 5 tsp Men Ages 19-30: 7 tsp Men Ages 31+: 6 tsp
Polyunsaturated Fat	<ul style="list-style-type: none"> • Liquid at room temperature • Reduce LDL cholesterol • Contains Vitamin E 	Soybean oil, corn oil, sunflower oil, sunflowers, tofu, soybeans, flaxseed oil, and fish.	

A Note on Omega 3 & Omega 6 Fatty Acids

Omega 3 and Omega 6 Fatty acids are two types of polyunsaturated fatty acids. These two fatty acids in particular need to be obtained in the diet, because the body cannot make them (also known as essential fatty acids). Both of these fatty acids help regulate blood pressure and help prevent heart disease. It is important to get enough Omega-3 fatty acids, which is found in fish (particularly oily fish like salmon and tuna), flaxseed, canola oil, and nuts and seeds. Omega-6 fatty acids can be found in eggs, corn oil, safflower oil, soybean oil, and sunflower oil.

Sources: heart.org, choosemyplate.org, mayoclinic.org

Homemade Vinaigrette

Serves 6

Source: cookinglight.com

Ingredients

- 2 Tbsp minced garlic or shallots
- 1 tsp Dijon mustard
- 2 Tbsp sherry vinegar (can use red wine vinegar instead)
- ¼ tsp salt
- ¼ tsp black pepper
- 6 Tbsp olive oil

Directions: Finely mince 2 tablespoons garlic (or shallots) so pieces will incorporate easily and spread throughout your dressing. Place in a bowl with 1 teaspoon Dijon mustard. Pour 2 tablespoons sherry vinegar into mixture with ¼ teaspoon kosher salt and ¼ teaspoon ground black pepper; whisk to combine ingredients. Slowly pour 6 tablespoons extra-virgin olive oil (almost drop by drop) into the mixture, whisking as you go to incorporate and create a creamy, emulsified finish. When properly emulsified, ingredients are suspended throughout the mix. A broken vinaigrette will have clear separation between the oil and vinegar. Store fresh-made vinaigrette in a covered container in the fridge for 3 to 4 days. Whisk before serving.

Nutrition: 1 Tbsp.= 142 calories, Fat 14.5g, Saturated Fat 2g, Sodium 117mg, Carbs 0g, Fiber 0g, Sugar 0g, Protein 0g.

This vinaigrette can be used as either a zesty salad dressing or marinade!

Pan-Seared Tilapia with Citrus Vinaigrette

Serves 4

Source: cookinglight.com

Ingredients

- Cooking Spray
- 4 (6 oz.) tilapia fillets
- ½ tsp salt, divided
- ½ tsp black pepper, divided
- 4 tsp olive oil
- ½ C white wine vinegar
- 2 Tbsp minced onions (or shallots)
- 2 Tbsp lemon juice
- 2 Tbsp orange juice
- 2 tsp sherry vinegar (red wine vinegar works too)

Directions: Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Sprinkle fish evenly with ¼ teaspoon salt and ¼ teaspoon pepper. Add 2 fillets to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove from pan; keep warm. Repeat procedure with remaining fillets. Add white wine vinegar to pan; cook 30 seconds or until liquid almost evaporates. Combine onions (or shallots) and remaining ingredients, stirring well with a whisk; stir in remaining ¼ teaspoon salt and remaining ¼ teaspoon pepper. Add onion (or shallot) mixture to pan; sauté 1 minute or until thoroughly heated, stirring frequently. Place 1 fillet on each of 4 plates; top each serving with about 3 tablespoons sauce.

Nutrition: 1 Fillet= Calories 215, Fat 7g, Saturated Fat 2g, Sodium 357mg, Carbs 3g, Fiber 0g, Sugar 1g, Protein 35g.

Contains both poly- and monounsaturated fats! A great heart healthy dish!

Frozen Vegetable Stir Fry with Peanut Sauce

Serves 6

Source: allrecipes.com

Ingredients

- 2 Tbsp soy sauce
- 1 Tbsp brown sugar
- 2 tsp garlic powder
- 2 tsp peanut butter
- 2 tsp olive oil
- 1 (16 oz.) package frozen mixed vegetables

Directions: Combine soy sauce, brown sugar, garlic powder, and peanut butter in a small bowl. Heat oil in a large skillet over medium heat; cook and stir frozen vegetables until just tender, 5 to 7 minutes. Remove from heat and fold in soy sauce mixture.

Nutrition: ½ Cup= Calories 88, Fat 3g, Saturated Fat 0.5g, Sodium 215mg, Carbs 8g, Fiber 0.25g, Sugar 4g, Protein 2g.

Add brown rice to make this a filling dish!

Chickpea & Red Pepper Soup with Brown Rice

Serves 4

Source: Modified from delish.com

Ingredients

- ½ C cooked brown rice
- 1 medium onion, diced
- 2 stalk celery, chopped
- 1 Tbsp paprika
- 1 yellow pepper, chopped
- 2 (16 oz.) cans low-sodium chickpeas
- 2 Tbsp red wine vinegar
- 2 Tbsp olive oil
- 1 carrot, chopped
- 3 cloves garlic, minced
- Salt & Pepper to taste
- 1 red pepper, chopped
- 2 C low-sodium vegetable broth

Directions: Cook the brown rice according to package directions. Meanwhile, heat the oil in a large heavy-bottomed pot. Add the onion, carrot, and celery and cook, covered, stirring occasionally, for 6 minutes. Add the garlic, paprika, and ¼ teaspoon each salt and pepper and cook, stirring, for 1 minute. Add the peppers and cook, stirring occasionally, for 5 minutes. Add the chickpeas, broth, and 1 cup water and bring to a boil. Reduce heat and simmer until the vegetables are tender, 5 to 8 minutes. Stir in the vinegar and cooked brown rice. Serve.

Nutrition: 1 Cup= Calories 350, Fat 12g, Saturated Fat 1.5g, Sodium 410mg, Carbs 50g, Fiber 13g, Sugar 12g, Protein 14g.

Great vegetarian recipe that is full of protein and polyunsaturated fats!

If you try any of these recipes and have any comments or suggestions, please contact the Nutrition Coordinators. Either email Amber (amberl@foodbankwma.org) or Mariah (mariahm@foodbankwma.org) and tell us what you think of the recipes!