

FAT SOURCES TO PROMOTE HEALTH

Healthy Aging

a dietetic practice group of the
eat right. Academy of Nutrition
and Dietetics

- There are four types of dietary fats¹. They are: saturated, trans, monounsaturated and polyunsaturated¹. Saturated and trans fats are less healthy, and it is recommended that you limit these fats to less than 10% of your total caloric intake¹. Monounsaturated and polyunsaturated are considered healthy fats¹.
- Examples of polyunsaturated fats include omega-3 and omega-6¹. These fats are important for lowering your blood pressure, controlling blood sugar, and managing your triglycerides¹.
- Healthy fats support your health in a variety of ways. They provide energy and help your body absorb vitamins². Healthy fats also support the health of your brain, nervous system and cardiovascular system².

For adults aged 55 and above, it is recommended that 20-35% of your daily food intake contains healthy fats³. Reach out to your Registered Dietitian for specific goals

Include these:

for your needs.

Sources of Polyunsaturated Fats⁵

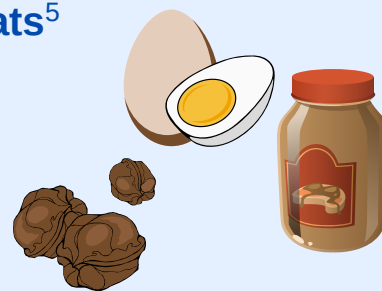
Omega-3: 0.6-1.2% of fat intake⁴

- 1 oz chia seeds = 5 gm
- 6 oz salmon = 4 gm
- 1 oz walnuts = 3 gm
- 1 tbsp canola oil = 1 gm



Omega-6: 5-10% of fat intake⁴

- 1 oz walnuts = 11 gm
- 2 tbsp peanut butter = 2 gm
- 1 tbsp avocado oil = 2 gm
- 1 large egg = 1 gm



Sources of Monounsaturated Fats⁵

- 1 avocado = 13 gm
- 1/4 cup almonds = 12 gm
- 1 tbsp canola oil = 9 gm
- 1 oz sunflower seeds = 3 gm

Limit these:

Sources of Saturated Fats⁵

and

Sources of Trans Fats*⁵

- 4 oz 80% lean ground beef = 9 gm
- 2 slices bacon = 7 gm
- 1 tbsp unsalted butter = 7 gm
- 1/2 cup chocolate ice cream = 5 gm

- 1 bag microwave popcorn = 9 gm
- 2 tbsp vegetable shortening = 3 gm
- 2 tbsp margarine = 1 gm

*Not all brands include trans fats in their products. Be sure to check the nutrition facts label of the products you purchase.

1. Types of fat. The Nutrition Source. <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/types-of-fat/>. Published June 9, 2014. Accessed April 30, 2021.

2. Learn the facts about fat. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fat/art-20045550>. Accessed April 30, 2021.

3. 2020-2025 Dietary Guidelines for Americans. USDA and HHS. https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf. Published December 2020. Accessed April 30, 2021.

4. Eating omega-6 fatty acids for heart health. <https://www.todaysdietitian.com/newarchives/050409p8.shtml>. Accessed April 30, 2021.

5. Fooddata central. <https://fdc.nal.usda.gov/index.html>. Accessed April 30, 2021.

*This information is for educational purposes only. Contact your Registered Dietitian, Physician, or Medical team for specific guidance.