

## Different Types of Fat

Hi, and welcome back. You are with Ken and Amy today and we are going to be talking about the different types of fat some of the healthier fats, some of the fats that are considered less heart healthy and I am also going to give you a little bit of nutritional information about fat.

First of all when you look at fat you can consider fat sources from oil, from foods such as butter. It is found in whole milk dairy products like cream or half and half. It is found on meats and a variety of other sources. Fat has nine calories per gram and if we compare that to the other major food groups being carbohydrates and proteins those two groups only have four calories a gram. A gram of fat has double the calories of protein or carbohydrates. That becomes important when you are trying to control your weight because if you are eating a lot of fat you tend to be eating a lot of calories. We are going offer some tips today on some changes you can make in your intake of fat and also focusing on some healthy types of fat.

First of all, Amy is going to talk about some of the healthiest fat out there and that is the omega 3 fats. He, so today we are going to talk about omega 3. Omega 3 you may have heard they are the type of fatty acid that can help with your cholesterol levels and also help with inflammation in your body and it can also help with your memory. A couple types that we have here today are salmon, walnuts, and flax seed. Just a couple ideas of how to work those into your weekly menus plans would be you can replace your red meat or chicken or other types of protein that you eat with salmon twice a week and tuna fish works also. It is really the fatter fishes are where you are going to find those omega 3 fatty acids and you want to do that at least twice a week. Another idea is to mix ground flax seed in with many different foods yogurts and cereals. When we make pancakes at our house we use about half of the pancake mix and then we will mix in ground flax seed and wheat germ and that adds a lot of vitamins and a lot of fiber and those good fatty acids. Really, you can use your imagination as there are a lot of different things you can do.

Another thing we wanted to talk about is ways to reduce your saturated fat. Now this is a label of butter which is high in saturated fats. Saturated fats are going to be your artery clogging types of fats. The way to know that if they are saturated or not is determined by what they are like at room temperature. If your product, like butter, is solid at room temperature that is going to be higher in saturated fats. One tip you can do to cut those calories down is just remember butter has 100 calories per tablespoon, would be to use a spray butter which usually has about one calorie per spray. So even if you use 10 sprays you are only going to have 10 calories. Another option that is out there are these products like Smart Balance or Benacol or Take Control are different products that help you with actually lowering your cholesterol and this Smart Balance spray is zero calories per spray so that would be another way to decrease from 100 calories per tablespoon down to zero to one calorie per spray.

What do you Ken? What a lot of people find is getting omega 3 fats in their diet is somewhat difficult especially if they don't like fish so another alternative for you is to use a fish oil supplement so this is an omega 3 supplement of fish oil caps and this particular brand is 1200 mg and your suggested intake is going to vary (check with your physician to determine a safe dosage). Another trick I have to decrease your saturated fat is if you are going to make

some kind of a cream soup or cheesy soup or something that calls for cream or half and half a good idea is to use the fat free version of it and you can cut your calories in half. Also you don't always have to use whole milk or 2 percent if your recipe calls for it you can switch to a skim or one percent. Often times when we talk about oils it gets to be a little bit confusing because they are a lot of different oils on the market. There are natural blends oils, there is olive oil and within olive oil there are several different types of olive oil, there is peanut oil and just about every type of oil available as there is a plant. Some of the ones that we recommend would be olive oil. Olive oil has the highest amount of monounsaturated fat and monounsaturated fat is considered to be one of the heart healthy fats. Consuming olive oil in your diet can help actually lower your LDL or your bad cholesterol so if you are going to be using fat to cook with this is one of the ones that we recommend. Along that same line is canola oil. This blend has canola and vegetable oil or peanut oil. Peanut oil also has a high amount of monounsaturated fats and monounsaturated fats like I said are considered to be heart healthy so the first and most important heart healthy fat would be the omega 3 and then I would say your monounsaturated fat. The last fat I would like to talk about is trans fat and trans fat you will hear other words like hydrogenated fat so on your label of food if you see something that says partially hydrogenated oil on the ingredient label that indicates that that food has trans fat. Trans fat is your most unhealthy fat. It tends to raise your bad cholesterol. It will lower your good cholesterol and it actually has an inflammatory process in the body so if you can remember one thing that is to really reduce fat eliminate the trans or hydrogenated fat from your diet and you will find you are much healthier. And one thing to remember too is on the label you can have foods that say no trans fat when they actually do have trans fat and that is because the labeling law says if it has a half a gram or less per serving that you don't have to list that there is trans fat in it. You may find things that say no trans fat but when you turn it over and actually look at that label you may see partially hydrogenated oil. It is still a good choice to not buy those foods that have partially hydrogenated oil even if they say there is no trans fat because the serving size can be very small. Some of the places where you can find the trans fat or partially hydrogenated oils are foods that are shelf stable for quite a long time. One of the rules of trans fat is to help a food remain shelf stable for a great amount of time so typically you find them in crackers or cookies, stick margines are very high as is shortening so those are some types of foods you really want to be careful and read those labels.

Now let's go to some of our Veterans and see what some of the changes they have made in their diets are to help cut out some fat and cut some fat calories. Before I used to just eat and now I look at a piece of meat and I do cut off the fat. I also really cut back on the red meat and the fat. Any kind of sandwiches like a ham sandwich a hamburger I have virtually eliminated mayonnaise now. We usually use a spray butter or just don't use anything at all. Now, I got rid of all the other salad dressings and I use the spray salad dressings so the salad gives me the flavor and I can just squirt a little bit and eat that much and so really I think overall that has helped my cholesterol. I actually cut out all fried foods. I quit eating French fries and fried chicken and all that kind of stuff and replaced it with green vegetables and fruit. I like to have very little fried food and if I do fry anything myself it is with olive oil. We haven't eliminated chips entirely but we have learned to just take like a handful or a certain amount on your plate and put the bag away. The only way I have been able to do away with junk foods potato chips that kind of thing is just absolutely I don't eat it at all. I can't eat just a little bit of that stuff. In counting the calories it showed where the bulk of my calories were coming from

the fat so by cutting the fat I got my calorie intake down. Every time I eat now I look at the labels and if there is excess of anything I don't eat it.

The last thing that we wanted to talk about was fat and how many calories are in a pound of fat or five pounds of fat so we have some models here for you today and this is a replica of one pound of fat about the size, shape of one pound of fat on your body. This would be five pounds of fat and the reason we like to show this is because a lot of times we will have folks come to class and we weigh them and they will have lost a pound and we hear a lot of frustration with that thinking I cut back all these foods all week and I only lost one pound. Well it takes 3500 calories to make up this one pound of fat. Therefore, it takes cutting out 3500 calories out of your diet to lose one pound of fat and as we have been talking about calories in this and other videos cutting out 3500 calories in a week is quite a feat so if you lose only a pound or to you it is only a pound it is actually quite an accomplishment and so how many calories would be in five pounds of fat oh, that is bad huh 17,500. 17,500 you bet. That is a lot so that is a lot to lose five pounds so you know when people lose 20 or 30 pounds they have cut out an extraordinary amount of calories. The other thing to remember is you don't have to just cut them out you can exercise more and burn more. You don't necessarily have to just feel like you have to restrict yourself and cut back on all this food. Okay and I think one thing we really wanted to get across was that fat a lot of times gets a bad wrap and not all fats are considered unhealthy. You actually do need some fat in your diet. It plays a role in keeping you feeling full longer so just remember when you are using fat in cooking or a recipe or when you are choosing some of these different items you look for the no trans fat, you pick the higher monounsaturated, focus on some of the omega 3 and decreasing that saturated fat and I think you will be on the road to good health.

Well thanks for joining us talking about fats today. The assignment that we would like you to do this week is to look at the two handouts attached to this lesson which are "fat out flavor in" and "what are the different types of fats" and just review the different types and go through your cupboards, look what you have, and see if you have an abundance of foods that are high in trans fat or saturated fat and think about changing some of those over to more of the unsaturated and omega 3 fatty acid foods and thanks for joining us.