



What is Fat as an Nutrient?

Fats are a type of **nutrient** that you get from your diet. It is essential to eat some fats, though it is also harmful to eat too many. The fats you eat give your body the energy that it needs to work properly. During exercise, your body uses calories from the carbohydrates you have eaten.

Fats are Further Divided into categories

1. Saturated Fats
2. Unsaturated Fats
3. Trans Fats

What are Saturated fats?

From a substance point of view, saturated fats are just fat particles that have no twofold connections between carbon atoms since they are soaked

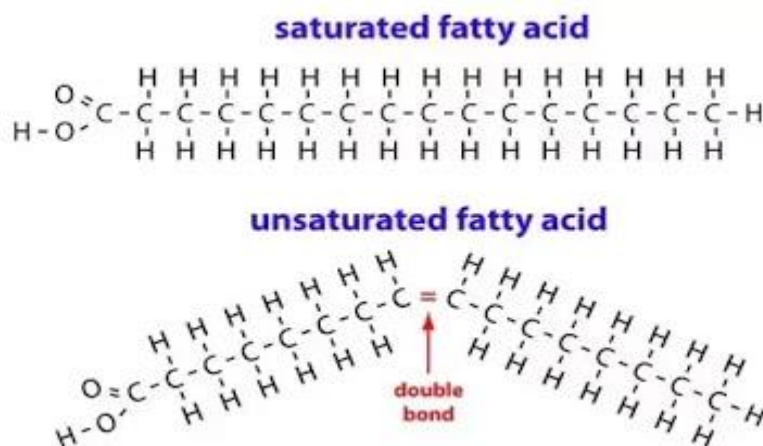
with hydrogen particles. saturated fats are normally strong at room temperature

Why saturated Fats are Good for Health?

Replacing foods that are high in saturated fat with healthier options can lower blood cholesterol levels and improve lipid profiles

From where I get saturated fats?

Saturated fats occur naturally in many foods. The majority come mainly from animal sources, including meat and dairy products. Eg: Butter.



What are Unsaturated Fats?

Unsaturated fats are defined by their chemical structure. Those that are visible (as in oils and spreads) are liquid or soft at room temperature and can be classified as monounsaturated or polyunsaturated. Different types of unsaturated fatty acids may have different health benefits but unsaturated fats are generally healthier than saturated fats.

Why unsaturated fats are good for health?

When they replace saturated fats, unsaturated fats can help reduce blood cholesterol levels and thus lower the risk of heart disease. Extra virgin olive oil, with its monounsaturated fat plus its wide range of other protective factors, forms a staple of the Mediterranean diet, a healthy balanced diet that reduces the risk of heart disease and some cancers.

There are two types of “good” unsaturated fats:

1. Monounsaturated fats are found in high concentrations in:

Olive, peanut, and canola oils

Avocados

Nuts such as almonds, hazelnuts, and pecans

Seeds such as pumpkin and sesame seeds

2. Polyunsaturated fats are found in high concentrations in:

Sunflower, corn, soybean, and flaxseed oils

Walnuts

Flax seeds

Fish

From where I get Unsaturated Fats?

Foods rarely contain just one type of fat and are usually classified according to the predominant type of fat present in the food. With visible fats, those that are mostly unsaturated fats are generally liquid or soft at room temperature. Eg: oils.

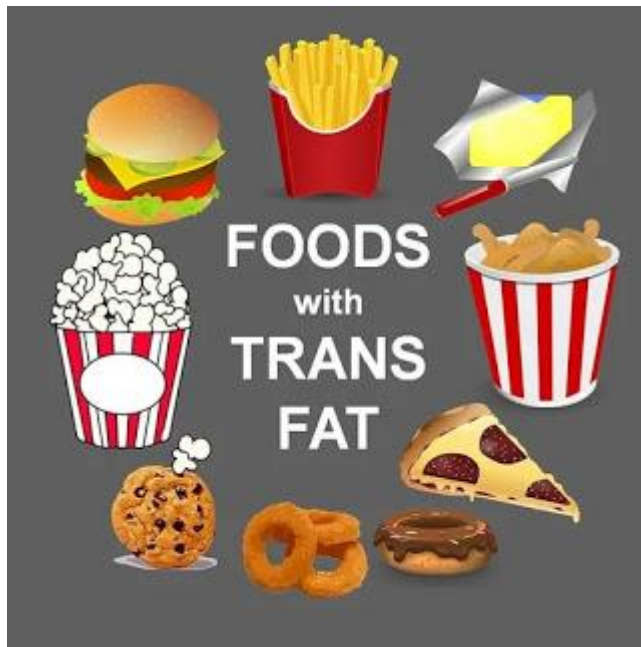
What are Good and Bad Fats?

“Good” unsaturated fats — Monounsaturated and polyunsaturated fats — lower disease risk. Foods high in good fats include vegetable oils (such as olive, canola, sunflower, soy, and corn), nuts, seeds, and fish.

“Bad” fats — trans fats — increase disease risk, even when eaten in small quantities. Foods containing trans fats are primarily in processed foods made with trans fat from partially hydrogenated oil. Fortunately, trans fats have been eliminated from many of these foods.

Saturated fats, while not as harmful as trans fats, by comparison with unsaturated fats negatively impact health and are best consumed in moderation. Foods containing large amounts of saturated fat include red meat, butter, cheese, and ice cream. Some plant-based fats like coconut oil and palm oil are also rich in saturated fat

Let's understand what is Trans fat and How it is Harmful to our Health.



What are Trans fats?

Trans fats are a form of unsaturated fat associated with a number of negative health effects. Artificial **trans** fat is created during hydrogenation, which converts liquid vegetable oils into semi-solid partially hydrogenated oil. **Trans** fat can also be found naturally in meat and dairy

Most trans fat is formed through an industrial process that adds hydrogen to vegetable oil, which causes the oil to become solid at room temperature.

This partially hydrogenated oil is less likely to spoil, so foods made with it have a longer shelf life. Some restaurants use partially hydrogenated vegetable oil in their deep fryers because it doesn't have to be changed as often as do other oils.

Some meat and dairy products have a small amount of naturally occurring trans fat. It's not clear whether this naturally occurring trans fat has any benefits or harm.

Is Trans fat Good or Bad?

Natural **trans fats** might even be **good** for you. One such natural **trans fat** is called conjugated linoleic acid, or CLA. It's present mostly in meat and dairy foods, such as milk, yogurt, and cheese. Preliminary research suggests that its benefits may include actually reducing the risk of certain cancers and heart disease.

While when it comes to the industrial process trans fat is considered the worst type of fat you can eat. Unlike other dietary fats, trans fat — also called trans-fatty acids — raises your "bad" cholesterol and also lowers your "good" cholesterol.

A diet laden with trans fat increases your risk of heart disease, the leading killer of adults. The more trans fat you eat, the greater your risk of heart and blood vessel disease.

Trans fat is so unhealthy that the Food and Drug Administration has recently prohibited food manufacturers from adding the major source of artificial trans fat to foods and beverages.

The FDA expects that this move will prevent thousands of heart attacks and deaths every year. But, as the regulation takes effect, some products with added trans fat may still be available.

Here's some information about trans fat and how to avoid it.

Let us now find out Top 10 Food items we should consider in our Diet for Good fats.

1. Avacado

Fat	Fat	Fat
per Avocado	per 100g	per 200 Calories
29g	15g	18g
(45% DV)	(23% DV)	(28% DV)

**DV = Daily value

2.Tofu

Fat	Fat	Fat
per Cup	per 100g	per 200 Calories
22g	9g	12g
(34% DV)	(13% DV)	(19% DV)

3.Nuts

Fat	Fat	Fat
per 1 Oz Handful	per 100g	per 200 Calories
22g	76g	21g
(33% DV)	(117% DV)	(32% DV)

4. Fish salmon

Fat	Fat	Fat
per 6oz Fillet	per 100g	per 200 Calories
21g	12g	12g
(32% DV)	(19% DV)	(18% DV)

5. Peanut Butter

Fat	Fat	Fat
per 2 Tblsp	per 100g	per 200 Calories

16g (25% DV)	51g (79% DV)	17g (26% DV)
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6.Boiled Soybeans (Edamame)

Fat per Cup	Fat per 100g	Fat per 200 Calories
15g (24% DV)	9g (14% DV)	10g (16% DV)

7.Flaxseed Oil

Fat per Tblsp	Fat per 100g	Fat per 200 Calories
14g (21% DV)	100g (154% DV)	23g (35% DV)

8.Dark Chocolate (85% Cocoa)

Fat per 1oz Square	Fat per 100g	Fat per 200 Calories
12g (19% DV)	43g (66% DV)	14g (22% DV)

9.Cheddar Cheese

Fat per Oz	Fat per 100g	Fat per 200 Calories
9g (15% DV)	33g (51% DV)	17g (25% DV)

10.Eggs

Fat in 1 Large Egg	Fat per 100g	Fat per 200 Calories
5g (8% DV)	11g (16% DV)	14g (21% DV)

