

# Get the Facts on FAT



## Types of fats

### Saturated fats

- Usually solid at room temperature.
- Found in meat, butter, whole milk, palm and coconut oil.

### Trans fats

- Foods containing partially hydrogenated vegetable oils usually contain *trans* fats.
- Found in many cakes, cookies, crackers, icings, margarines and microwave popcorns.

### Polyunsaturated fats

- Tend to be liquid at room temperature.
- Found in soybean, safflower and corn oil.

### Monounsaturated fats

- Typically liquid at room temperature.
- Found in olive, canola and peanut oil.



## Why do we need fat?

Dietary fat is essential.

- Provides energy
- Supports cell growth
- Helps protect organs
- Helps keep body warm
- Helps body absorb some nutrients and produce important hormones



## Fat facts

- Fats are high in calories and have 9 calories per gram.
- Carbohydrates and proteins have 4 calories per gram.
- Solid fats contain more saturated fats and/or *trans* fats than oils.
- Oils contain more monounsaturated and polyunsaturated fats.



## Fats and blood cholesterol levels

- Saturated fats and *trans* fats raise "bad" cholesterol (LDL) levels in your blood and increase risk of heart disease.
- Monounsaturated and polyunsaturated fats can lower "bad" cholesterol levels and may be beneficial when eaten in moderation.



## Read the labels

- Labels must list amount of saturated fat and *trans* fat per serving.
- Foods labeled "0 *trans* fats" or cooked with "*trans* fat-free" oils may contain saturated fat.
- Foods that say "*trans* fat-free" may be low in nutrients.
- Fat-free doesn't always mean healthy.
- Read the entire label and Nutrition Facts panel to help you make wise choices.



## Fats can be part of a healthy diet

- Balance the amount of calories you eat with the amount of calories you burn.
- Eat more vegetables, fruits, and whole-grain or high-fiber foods.
- Use fat-free and low-fat dairy products.
- Enjoy lean meats, poultry and fish.



## Fat tips

- Limit the total amount of fat you eat to balance your calories.
- Replace saturated fats and *trans* fats with monounsaturated and polyunsaturated fats.
- Cut back on foods containing cholesterol, saturated fats and *trans* fats to lower your risk of heart disease.



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