

Face the Fats

Fats are important nutrients your body needs. There are 4 types of fats in foods that we eat: saturated, trans-, monounsaturated, and polyunsaturated. Different fats have different effects on blood cholesterol levels.

Unsaturated Fats 😊

These fats are liquid at room temperature. There are two types, mono- and polyunsaturated fat. Both of these fats are good; however, polyunsaturated fats have the added benefits of Omega-3's which can help lower inflammation. There are two types of Omega-3's, EPA and DHA. EPA has been shown to be anti-inflammatory, while DHA has been shown to promote brain health.

Sources of mono:

- Canola, olive, and safflower oil
- Peanuts, peanut butter, pecans, almonds
- Sesame seeds and sesame oil

Sources of poly (Omega-3):

- Soybean, corn and sunflower oils
- Fatty fish like salmon, mackerel, herring, trout
- Walnuts, sunflower seeds, tofu, soybeans

This should be the main type of fat in your diet, over saturated and trans fats. This will help reduce LDL (“bad”) cholesterol and heart disease risk.

Include 2 servings of fatty fish per week. One serving is 3.5 ounces (about 99.22 g) cooked, or about ¾ cup of flaked fish such as salmon, mackerel, herring, lake trout, sardines and albacore tuna.

If you do not like fish, include plant-based sources of Omega-3's in your diet. This includes soybeans, tofu, walnuts, chia seeds, ground flaxseed, and canola oil. Do not start taking a fish oil supplement unless recommended by your doctor or dietitian.

Saturated Fats 😐

These fats are solid at room temperature.

Main sources:

- Meats; fatty beef, lamb, pork, poultry skin, tallow (beef fat), lard
- Dairy; butter, whole fat milk, cream, cheese, sour cream, ice cream
- Tropical oils; coconut, palm kernel and palm oils

These fats increase LDL (“bad”) cholesterol and risk of heart disease and stroke. Limit to 11-13g per day.

Trans Fats 😞

These fats are also solid at room temperature.

Main sources are deep fried, and processed foods.

- Donuts, cakes, pie crusts, biscuits
- Cookies, some crackers
- Stick margarine
- Shortening
- Store-bought frosting
- Small amounts in milk and meat products such as beef, lamb, butterfat

These fats increase LDL (“bad”) cholesterol and lower HDL (“good”) cholesterol. They increase the risk of heart disease and stroke. Avoid these fats as much as you can. Eat no more than 1-2 grams per day. Food companies are allowed to list “0 g Trans Fat” on the nutrition facts label if it is less

than half a gram per serving. They still must list hydrogenated and partially hydrogenated oils under the ingredients list, so avoid foods that contain “partially hydrogenated oils” or “hydrogenated oils” in the ingredients list.

Key

S = Saturated Fats

P = Polyunsaturated Fats

M = Monounsaturated Fats

T = Trans Fats

Meats/Poultry

(Grams Saturated Fat per 3 oz)

	S
Prime rib	11
Beef tenderloin roast	9.0
Brat	7.3
Ground beef (70% lean)	5.9
Beef hot dog	5.6
Ground beef (80% lean)	5.6
Pepperoni, beef and pork	5.0
Dark chicken, with skin	4.5
Pork loin	4.3
Ground beef (90% lean)	4.0
Ham	3.6
Bison	3.0
Sirloin Steak	2.6
White chicken, with skin	2.6
Bacon, 1 slice	2.3
Dark chicken, no skin	2.3
Egg, whole	1.2
White chicken, no skin	0.9
Venison	0.8
White turkey, no skin,	0.5
Turkey, ground, fat-free, raw	0.4
Egg white, large	0

Fish

(Grams Saturated Fat per 3 oz)

Lobster, northern	0.2
Clams, cooked	0.2
Haddock, baked	0.1
Atlantic cod, baked	0.1
Shrimp, baked/grilled	0

Note: Due to high amounts of dietary cholesterol, limit shrimp to 3-5 oz a week.

Fatty Fish

(Grams of EPA/DHA per 3 oz)

	DHA	EPA
White tuna in water	0.5	0.2
Tilapia, baked	0.1	0.0
Sardines in oil, with bone	0.8	0.7
Rainbow trout, farmed	0.4	0.2
Salmon, Atlantic, farmed raw	2.2	1.7
Salmon, Chinook, raw	0.8	0.9
Atlantic herring, raw	0.6	0.8
Shad, American, raw	1.1	0.9
Anchovy, European, raw	0.8	0.5
Mackerel, raw	0.8	0.4
Tuna: bluefin, raw	0.8	0.2
Sardines: canned in oil	0.4	0.4
Mollusks, oyster	0.2	0.4
Trout, rainbow, farmed, raw	0.4	0.4

Dairy Products

(Grams Saturated Fat per 8 oz Milk, 6 oz Yogurt and 1 oz Cheese. May vary based on product)

	S
Fat-free yogurt	0.2
Fat-Free Greek yogurt	0.2
Low-fat yogurt	1.7
Low-fat Greek yogurt	1.0
Yogurt whole milk	3.6
Greek yogurt, whole milk	4.1
Coconut yogurt	4.5
Almond yogurt	1.0
Soy yogurt	0.5
Fat-free milk (skim)	0.3
1% milk	1.5
2% milk	3.0
Whole milk (3.25%)	4.6
Almond milk	0
Soy milk	0.5
Coconut milk	4.0
Canned coconut milk (4 oz)	9.0
Oatmilk	1.0

Cottage cheese (0%)	0.1
Cottage cheese (1%)	0.7
Cottage cheese (2%)	1.4
Cottage cheese (4%)	2.8
The Laughing Cow, light	1.0
The Laughing Cow, original	2.5
Skim mozzarella	0
Mozzarella (part skim)	2.9
Mozzarella (whole milk)	3.9
American cheese	2.5
Babybel, original	4.0
Babybel, light	2.0
Feta cheese	4.2
Provolone cheese	4.8
Swiss cheese	5.2
Cheddar cheese	5.3
Colby cheese	5.7
Cream cheese	3
Sour cream	2.5
Margarine, 1Tbsp	1-2 (see label)
Butter, 1Tbsp	7.3
Ice cream, sugar-free, 1 c	5.5
Ice cream, vanilla, 1 c	9.0

Note: Trans fats are present in milk and milk products. The amounts vary. Butterfat is very high (>2.0g per Tbsp) in trans fats.

Fats and Oils (Grams per 1 Tbsp)

	S	P	M
Olive oil	2.0	4.6	6.7
Canola oil	1.0	3.9	8.9
Grapeseed oil	1.3	9.5	2.2
Avocado oil	1.6	1.8	9.8
Peanut Oil	2.3	4.3	6.2
Safflower oil	1.0	1.7	10
Sunflower (oleic)	1.4	0.5	12
Sunflower (linoleic)	1.4	8.9	2.7
Corn oil	2.0	4.6	3.9
Soybean oil	2.1	7.9	3.1
Coconut oil	11.2	0.9	0.2

Vegetable shortening	3.2	3.6	5.3
Ranch dressing	1.0	3.9	1.4
Ranch, fat-free	0.1	0.1	0.1
Mayo	1.6	6.8	2.7
Mayo, low sodium/cal	0.5	1.5	0.6
Mayo, low fat/w/olive oil	0.8	0.6	4.4
Earth Balance	2.5		
Earth Balance (olive oil)	2.5	2.0	4.0
Benecol	1.0	2.0	4.5
Benecol light	1.0	1.5	3.0
I can't believe its not butter original	2.0	3.0	1.5
I can't believe its not butter light	1.0	2.0	1.0
Promise activ	0.5	1.5	2.5

Note: Vegetable shortening is very high in trans fats – 1Tbsp = 1.7g. The margarines listed above do not contain trans fats. Margarine **may** contain trans-fat, double check nutrition facts labels. Many newer, plant-based butters/margarines have no trans fats, and are a good alternative to butter, be sure to check the nutrition facts label before purchasing.

Nuts and Seeds

	S	P	M
Almond butter, no salt, 1 Tbsp	0.7	2.2	5.2
Cashew butter, no salt, 1 Tbsp	1.6	1.3	4.7
Peanut butter, smooth, 1 Tbsp	1.7	2.0	4.2
Pistachios, dry roasted, 1 oz	0.9	2.2	4.1
Peanuts, dry roasted, 1 oz	1.1	1.4	3.7

Almonds, dry roasted, 1 oz	1.2	3.7	9.3
English walnuts, 14 halves	1.7	13.3	2.5
Pecans, dry roasted, 1 oz	1.8	5.8	12.5
Sesame seeds, 1 Tbsp	0.6	2.0	1.7
Sunflower seeds, ¼ c	1.6	8.1	6.5
Flax seeds, whole, 1 Tbsp	0.4	3.0	0.8
Ground flax seeds, 1 Tbsp	0.3	2.0	0.5
Chia seeds, dried, 1 Tbsp	0.5	3.4	0.3
Coconut meat, dried, 1 oz	16.2	0.2	.8
Cashews, dry roasted, ¼ c	3.1	2.7	9.4
Macadamia nuts, 1 oz	3.4	0.4	17
Brazilnuts, 1 oz	4.6	6.9	6.8

Note: Chia and flax seeds are good sources of Omega-3s.

**Other Foods
(Grams of Saturated Fats/Serving)**

	S	T
Culver's breaded cheese curds (medium)	12	0.5
Applebee's French fries (standard side order)	3.5	<0.5
Cookies, chocolate chip, regular (store bought)	4.6	0.4

Pillsbury, chocolate chip cookies	3.5	0.2
Culver's single butter burger	7.0	0.5

McDonalds quarter pounder, with cheese and bacon	12	1.5
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Cake, chocolate, store bought, prepared with chocolate frosting, in-store bakery	6.4	1.4
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Jack's pizza, pepperoni, thin crust	0.3	
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Note: Values of saturated fats and trans fats in restaurant foods are from nutrition facts listed on the restaurant website or on nutrition facts label from the store

Who to Call

If you are a UW Health patient and have more questions, please contact UW Health at the phone number listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and American Family Children's Hospital can be reached at **(608) 890-5500**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 2/2024. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#238