

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.

Mono- and Polyunsaturated Fats 😊

Liquid at room temperature. Vegetable oils, nuts, seeds, and fatty fish are good sources.

Sources of mono:

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

Sources of poly (omega-3):

- Soybean, corn and sunflower oils
- Fatty fish like salmon, tuna, mackerel, herring, trout
- Walnuts, sunflower seeds, tofu, soybeans
- Chia seed, flaxseed, flaxseed oil

Should be the main type of fat in your diet or should replace saturated and trans fats. Will help reduce LDL (“bad”) cholesterol and heart disease risk. Can increase weight if eaten in excess.

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

Include plant-based omega-3 fatty acids such as tofu and other forms of soybeans; walnuts and flaxseeds and their oils; and canola oil, if you do not eat fish.

Saturated Fats 😐

Solid at room temperature.

Main sources:

- All meats; fatty beef, lamb, pork, poultry skin, tallow (beef fat), lard
- All dairy; butter, cream cheese, sour cream, ice cream
- All tropical oils; coconut, palm kernel and palm oils

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

Trans Fats 😞

Solid at room temperature.

Trans fat can increase LDL (“bad”) cholesterol and lower HDL (“good”) cholesterol levels. They increase the risk of heart attack and stroke.

Aim to avoid these fats, over 1 g per day is not recommended.

The Food and Drug Administration (FDA) banned these fats in the United States in 2018. Some foods may continue to have trans fat as the result of the processing methods used.

Main sources include:

- Fast foods fried at a high temperature
- Fried baked goods such as donuts
- Non-hydrogenated vegetable oils that are produced with high heat methods
- Trans fats also can occur naturally in some dairy and meat products.

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
Sirloin Steak 0.6	2.8
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

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)

	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
Fat-free milk (skim)	0.3
1% milk	1.5
2% milk	3.0
Whole milk (3.25%)	4.6
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
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 and margarine are 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

Note: Vegetable shortening is very high in trans fats – 1Tbsp = 1.7g.

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
Brazil nuts, 1 oz	4.6	6.9	6.8

Note: Chia and flax seeds are good sources of omega-3, which is good for heart.

Other Foods (Grams of Saturated Fats/Serving)

	S	T
Culver’s breaded cheese curds (150g)	12	0.7
Appleby’s French fries (164g)	3.8	0.1
Cookies, chocolate chip, regular	3.2	0.3
Pillsbury, chocolate chip cookies	3.3	0.2
Culver’s coleslaw, large	8.0	0.8
McDonalds quarter pounder, with cheese and bacon	14	1.5
Cake, chocolate, store bought, prepared with chocolate frosting, in-store bakery	3.8	0.8
14" pizza, pepperoni, regular crust	5.7	0.3

Note: Values of saturated fats and trans fats in restaurant foods are from nutrition facts listed on the restaurant website.

Key

S = Saturated Fats

P = Polyunsaturated Fats

M = Monounsaturated Fats

T = Trans Fats

Who to Call

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers 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**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

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 © 11/2022. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#238