



# AMERICAN HEART HEALTH MONTH

## GET THE FACTS ON FAT

Fat is an essential nutrient and needs to be consumed daily. The dietary reference intake for total fat in adults is 20-35% of total calories or about 44-77 grams per day for a 2,000 calorie diet. Adults should limit saturated fat intake to 10% or less of total calories which is 22 gm or less per day for a 2,000 calorie diet. The American Heart Association recommends replacing saturated fat with polyunsaturated and monounsaturated fats and avoiding artificial trans fat.

**EAT MORE**

### Monounsaturated Fats

Oils: Olive, Canola, Peanut, Safflower & Sesame  
Avocados and Avocado Oil  
Most Nuts

### Polyunsaturated Fats\*

Walnuts & Brazil Nuts  
Seeds: Chia, Flax, Hemp, Pumpkin & Sunflower  
Soybeans  
Fatty Fish: Salmon, Sardines, & Tuna  
Oils: Safflower, Soybean, Sunflower, Canola & Corn

\*Polys include omega-3 and omega-6 fats

**EAT LESS**

### Saturated Fats

Animal Flesh  
Butter & Margarine  
Fried Foods  
Processed/Hydrogenated Oils  
Coconut Oil

### Artificial Trans Fats\*

Fried Foods  
Baked Goods and Snacks  
Stick Margarine  
Non-dairy Creamer

\*In recent years manufacturers have reduced the amount of trans fats found in many processed foods

## Why You Need Fat

- Surrounds and protects organs, such as the kidneys, heart, and liver
- Balances hormones
- Preserves body heat by providing an insulated layer of fat beneath the skin
- Acts as a long-lasting fuel source for low-intensity exercise
- Absorbs fat-soluble vitamins - A, D, E, and K

*Too much fat* gets stored in the body and is used to make cholesterol. *Too little fat* may lead to skin integrity problems, hair loss, poor wound healing, fatigue and poor mental function.

