

# Know Your Numbers

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## Dietary Fats: what's the big deal?

Which is healthier – butter, margarine?  
Is *trans* fat bad? How much fish do I  
really have to eat? Is fat free best?

The 2005 Dietary Guidelines for Americans recommend keeping total fat between 20-35% of calories and most should come from unsaturated sources such as nuts, fish, olives (oil), canola oil and avocados. YUM!



Saturated fat should be kept to less than 10% of total calories and keep *trans* fat as low as possible.

### Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving

Calories 250      Calories from Fat 110

% Daily Value\*

Total Fat 12g      18%

Saturated Fat 3g      15%

Trans Fat 1.5g

Cholesterol 30mg      10%

Sodium 470mg      20%

Total Carbohydrate 31g      10%

Dietary Fiber 0g      0%

Sugars 5g

Protein 5g

Math made simple.  
Keep < 10%

### 3 things

You can do to ↓ your  
saturated & *trans* fat

1. **Replace saturated fats**, which are typically solid at room temperature (butter, lard, bacon grease, vegetable oil, cheese, visible fat on meat) **with unsaturated fats** (olive oil, fish, nuts, trans fat free margarine, avocado)
2. **Read ingredient list.** Avoid foods that have anything "hydrogenated" = *trans* fat
3. **Eat fish** two times per week



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