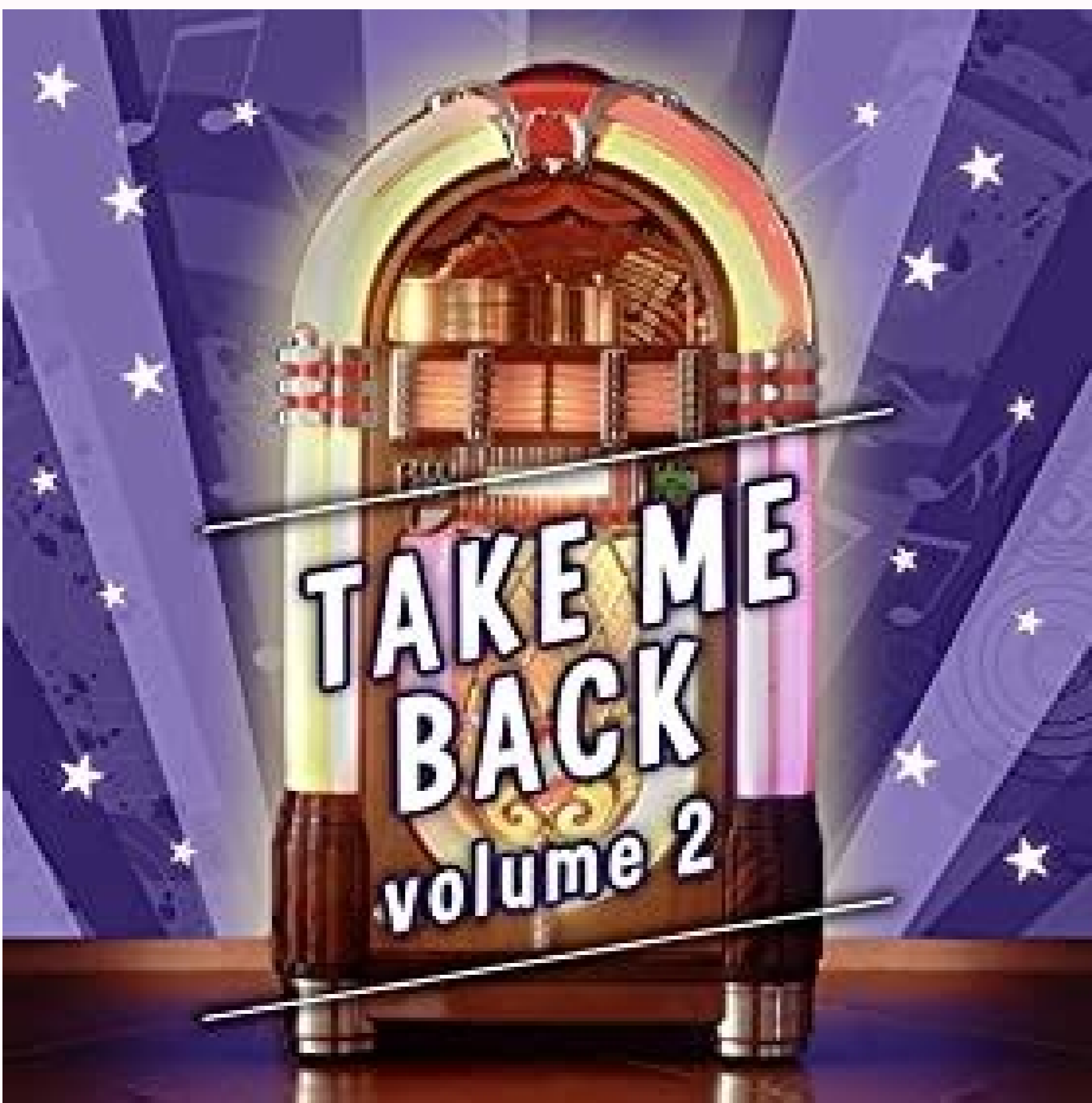
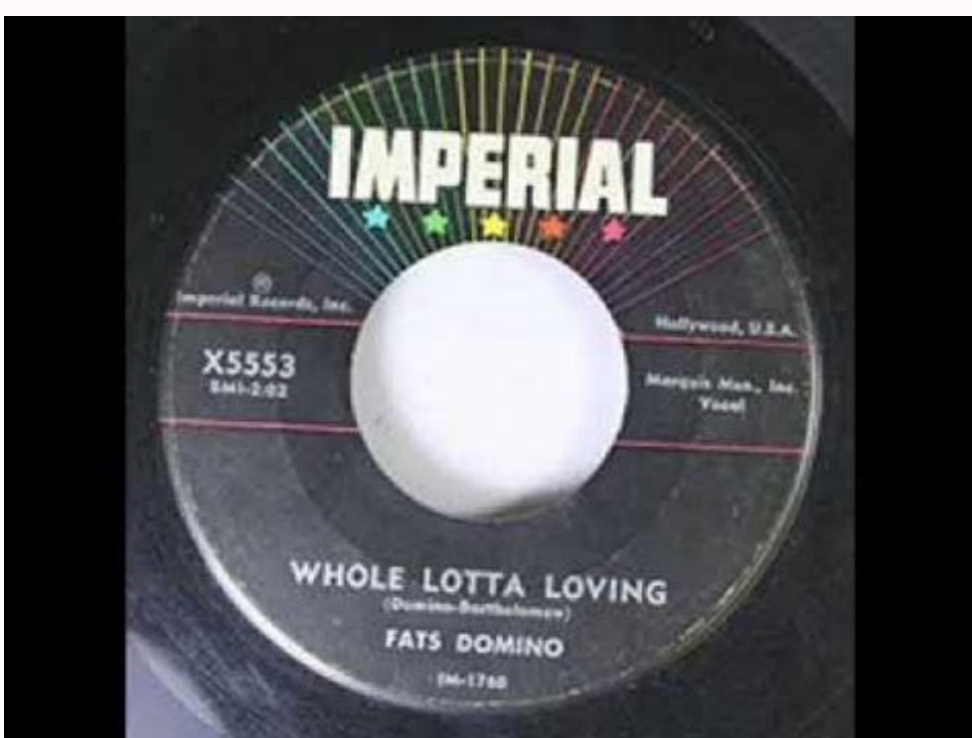
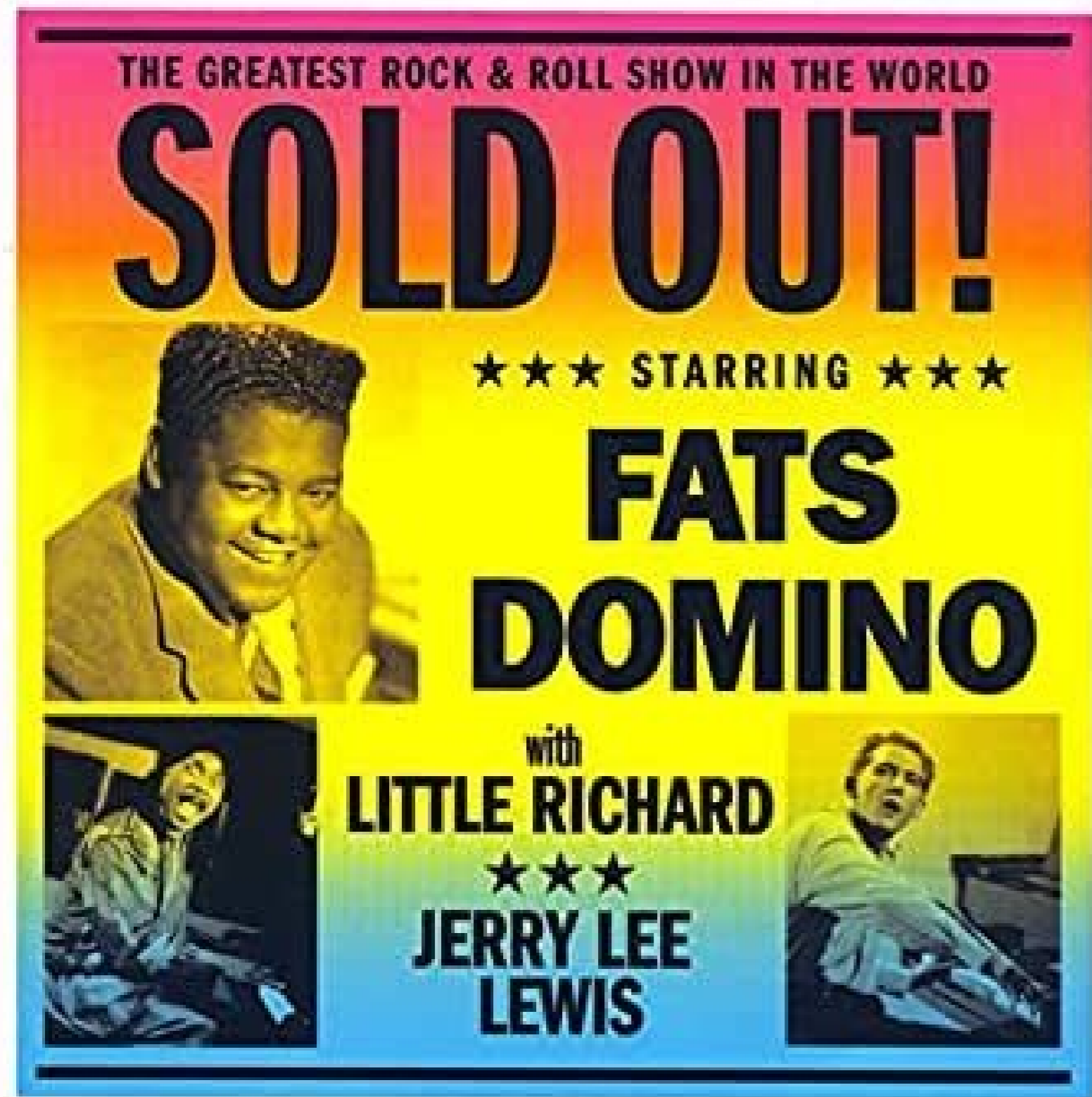


Whole lotta lovin fats domino

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No doubt about it, carbohydrate—commonly known as carbs—gets all the attention in diabetes management. However, another important nutrient to consider as part of a balanced diet is fat. Even though it sounds counter intuitive to what you might expect, eating the right amount of the right type of fat plays an important role in our bodies. Fat cushions organs, stores energy, insulates the body against elements, supports cell growth and more. Since fats are higher in calories per gram, when it comes to fat, the key is being mindful of portions. Eating the right types of fat is also important for reducing your risk of type 2 diabetes, cardiovascular disease, some cancers and other health problems. There are four main types of fat: saturated, trans, monounsaturated and polyunsaturated fat. The American Diabetes Association recommends including more monounsaturated and polyunsaturated fats than saturated or trans fats in your diet. Some types of fat are listed in the Nutrition Facts label on food products. Learn how to decode the label. When we talk about fat, it's important to understand what we mean when we mention cholesterol. There are two types: the type found in our blood, known as blood cholesterol, and the cholesterol we eat, known as dietary cholesterol. Blood cholesterol plays an important role in the body and is the starting point in making hormones, cell structures, vitamin D and more. Your body makes more than enough cholesterol for these uses, but it can also absorb small amounts from the foods you eat. When the total cholesterol in your blood is too high, you are at greater risk of heart disease. However, contrary to popular belief, dietary cholesterol has less of an impact on this number than previously believed. For most people, saturated fat and trans fat play a much more significant role in increasing blood cholesterol, resulting in an increased risk of heart disease. Since foods that are typically high in dietary cholesterol are also high in saturated fat, its easiest to focus on limiting saturated fat. To figure out what targets are right for you, talk to a registered dietitian nutritionist (RD/RDN) or your health care provider. Monounsaturated fat Monounsaturated fats are considered part of a healthy, balanced diet because of the protective effect they have on our hearts. These fats have been shown to lower our low-density lipoprotein (LDL) cholesterol, an important marker for heart health. Monounsaturated fats are not required to be listed on the Nutrition Facts label, but for foods where they are a good source, they often are. Sources of monounsaturated fat include: Avocado Canola oil Nuts like almonds, cashews, pecans and peanuts Olive oil and olives (look for low/reduced sodium) Peanut butter and peanut oil Safflower Oil To include more monounsaturated fats in your diet, try to substitute olive or canola oil instead of butter, margarine or shortening when cooking. Sprinkling a few nuts on a salad, yogurt or cereal is an easy way to eat more monounsaturated fats. But be sure to be mindful of the portions you are eating—like all fats, these products are high in calories. Polyunsaturated fat Polyunsaturated fats are another important fat to include as part of a healthy balanced diet. Much like monounsaturated fat, this fat lowers LDL cholesterol and your risk for heart disease and stroke. Omega-3 and Omega-6 fatty acids are two types of polyunsaturated fat that are also linked with improved heart health. Considered essential fatty acids because our body is unable to produce them, these fats need to be included as part of a healthy diet. Sources of Omega 3s include: Oily fish (salmon, sardines, herring, mackerel, tuna) Walnuts Flaxseeds and flaxseed oil Canola Oil Chia seeds Sources of Omega 6s include: Tofu Walnuts Flaxseed and flaxseed oil Canola oil Eggs Sunflower seeds Peanut butter Saturated fat This type of fat can increase your cholesterol, and as a result, your risk of heart disease. This is one of the fats that should be limited in our diet. Typically, this fat is found in animal products and tropical oils that are solid at room temperature. Animal products containing saturated fat include: Lard Fatback and salt pork High-fat meats like regular ground beef, bologna, hot dogs, sausage, bacon and spareribs High-fat dairy products such as full-fat cheese, cream, ice cream, whole milk, 2% milk and sour cream. Butter Cream sauces Gravy made with meat drippings Poultry skin (example: chicken, turkey etc.) Oils containing saturated fat include: Palm oil and palm kernel oil Coconut oil Saturated fat grams are listed on the Nutrition Facts label under "total fat". The goal is to get less than 10% of one's calories from saturated fat. For example, someone eating a 2,000 calorie diet should aim for 20 grams or less of saturated fat. To figure out the right target for you, talk to your dietitian. Trans fat Trans fats are produced when liquid oil is made into a solid fat—a process called hydrogenation. Like saturated fat, trans fat can be damaging to blood cholesterol levels. It is more harmful than saturated fat, and for a heart-healthy diet, you want to eat as little trans fat as possible by avoiding foods that contain it. Trans fats are listed on the Nutrition Facts label, making it easier to identify these foods. However, keep in mind that if there isn't at least 0.5 grams or more of trans fat in a food, the label can claim 0 grams. To avoid as much trans fat as possible, you should read the ingredients list on food labels. Look for words like hydrogenated oil or partially hydrogenated oil. Avoid foods that where a liquid oil is listed first on the ingredients list. Sources of trans fat include: Processed foods like snacks (crackers and chips) and baked goods (muffins, cookies and cakes) with hydrogenated oil or partially hydrogenated oil Margarine Shortening Some fast food items, such as french fries For help figuring out what targets are right for you

when it comes to fats, talk to a registered dietitian nutritionist (RD/RDN) or your health care provider. Most of the nutrition science you hear about mono-unsaturated fats as the good fats. Olive oil and canola oil are both mono-unsaturated. Mono-unsaturated fats are thought to lower cholesterol. In general, the fats to steer clear of are the saturated fats. Saturated fats are bad because they clog your arteries. Partially hydrogenated vegetable oils (which are artificially saturated fats) are now considered totally evil, both because of the saturation and a side-effect of hydrogenation called trans fatty acids. Fatty acids that have double bonds come in two forms: trans and cis. "Trans" and "cis" refer to the direction of folding that occurs at the carbon double bonds in unsaturated fatty acids. Cis fatty acids are the normal, natural directions for the folds. A trans fatty acid is chemically identical to the cis form, but folds in an unnatural direction. The trans fatty acids are created by heat (as in deep frying) and by hydrogenation. It turns out that in the body, the enzymes that deal with fat are unable to deal with the trans fatty acids (see How Cells Work for details on enzymes). Therefore, the enzymes get tied up trying to work on the trans fatty acids, and this can lead to problems with the processing of essential fatty acids. Essential fatty acids are not bad for you the way trans fatty acids are. They're actually essential to good health. Dieticians recommend that as responsible consumers of food, you should be reading your labels. You need to know what you are eating. Do you know how many calories you consume when you eat the whole box, the whole can, the entire jar of anything? Also, when a product is labeled fat-free, does this mean there is literally no fat in it at all? In short, the answer is no. The U.S. Food and Drug Administration allows a company to label a food as "fat-free" if it contains less than 0.5 grams of fat per serving. For example, if you have a box of "fat-free" cookies, you might actually be consuming several grams of fat, depending on the number of cookies you eat. If a serving size is only one cookie, and that cookie is almost a half gram of fat, then if you eat six cookies, then you have consumed almost 3 grams of fat. If you eat a dozen, then that is nearly 6 grams of fat. The plain truth is that if you consume more than one serving of that food, it ceases to be fat-free. All those fractions of a gram do add up and count toward your daily fat intake. Something that most people seem to forget is that fat-free does not mean calorie-free, carbohydrate-free, or preservative-free. What some fat-free products lack in fat, they make up for in sugars and other unhealthy additives. So, although you may think you are doing yourself and your diet a favor by eating a fat-free food, your body may not feel the same way. For many years, the word from the medical community and large studies were there was a link between saturated fat and heart disease. Nutrition experts recommended low-fat diets, not only because of heart disease but because fats were higher in calories than protein and carbohydrates and were probably the cause of an increase in weight gain. As people cut the fat, they replaced the lost calories with a large number of carbohydrates, especially refined carbs, and stopped eating healthy fats like olive oil, nuts, and avocados. The result: the decline in fat consumption was accompanied by higher rates of overweight and obesity. However, the point that most people and nutrition experts seemed to miss was that not all fat is created equal. The fats that you needed to avoid were trans fats and some saturated fats. Your body needs some fat from food. Fat is a major source of energy. It helps you absorb some vitamins and minerals, and it is needed to build cell membranes, the vital exterior of each cell, and the sheaths surrounding nerves. It is essential for blood clotting, muscle movement, and combating inflammation. Nowadays, healthy eating means getting no more than 30 percent of your daily calories from fat. For an average diet, based on 1,800 calories per day, this would mean 540 calories or 60 grams of fat for the day. For someone with a higher calorie allowance in a day, for example, a person who should consume 3,000 calories in a day should eat no more than 100 grams of fat. For a good rule of thumb, 1 gram of fat is 9 calories. Fat-containing foods can also be part of a healthy-eating lifestyle. Your best bet is to choose lower-fat foods more often and eat a varied diet from the five basic food groups: Vegetables, fruits, grains, lean meats, and low-fat dairy.

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