

Fats and Heart Health

Diabetes Information for You and Your Family



Fat provides energy for the body. Native people hunted and harvested food like buffalo, seal, fish, nuts, and seeds that provided “good” fats. As food choices changed over the years, so have the kinds of fats we eat. Today, our food includes more of the fats that may cause heart disease. Heart disease is more common among people with diabetes.

Heart-Healthy Fat Choices

Types of Fat

Saturated fats raise cholesterol levels, which is a risk for heart disease. Saturated fats are found in animal products and tropical oils. These fats are solid at room temperature.

Unsaturated fats can help lower LDL (bad) cholesterol and provide nutrition. They come from plant oils and fatty fish. Unsaturated fats are liquid at room temperature.

Good to know

- ❖ Fats have more calories than carbohydrates and protein. For example:
 - 1 gram of fat = 9 calories.
 - 1 gram of carbohydrate or protein = 4 calories.
- ❖ Eating large amounts of fat can lead to weight gain.

Eat less
↓
Saturated Fats

- Animal Fats**
 - Beef and pork
 - Bologna, sausage and bacon
- Dairy**
 - Whole milk and cheese
 - Butter
- Tropical Oils**
 - Coconut
 - Palm oil

Replace with
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Unsaturated Fats

- Fatty Fish**
 - Salmon
 - Sardines
- Other Foods**
 - Nuts and seeds
 - Avocados
 - Nut butters
- Liquid Oils**
 - Olive
 - Canola
 - Peanut
 - Safflower
 - Sunflower
 - Corn
 - Soybean

Limit foods high in saturated fat.

Use foods rich in unsaturated fat in place of foods high in saturated fat.



Nutrition Facts	
4 Servings Per Container	
Serving Size	1/2 cup (115g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Total Sugars 20g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Facts Label

The Nutrition Facts label can help you learn about nutrients in foods and drinks.

Saturated Fat

Look for the amount of saturated fat in grams (g) and the percent (%) Daily Value of saturated fat in a serving.

In this example, the grams of saturated fat is 9 g, and the Daily Value is 45% in this serving. For this food, the amount of saturated fat is high.

Eat less than 20 g saturated fat daily, and remember:

Low saturated fat means

- ❖ 1 g saturated fat or less per serving
- ❖ 5% daily value or less per serving

High saturated fat means

- ❖ 3.5 g saturated fat or more per serving
- ❖ 20% daily value or more per serving

More Ideas for Heart-Healthy Eating

- ❖ Eat plenty of fruits, vegetables, whole grains, low-fat dairy, poultry, fish, and nuts.
- ❖ Limit fatty red meat. Choose buffalo, moose, elk, deer, or caribou when you can.
- ❖ Eat fish twice a week. Salmon, sardines, and tuna contain "good" fats.
- ❖ Decrease how much salt you use. Check the Nutrition Facts label for the amount of sodium (salt) on packaged and fast foods. The recommended daily amount for sodium is 2300 mg.
- ❖ Limit sugary foods and drinks.
- ❖ Grill, stir fry, bake, boil, roast, or slow cook food.



What about eggs?

Eggs are rich in protein and nutrients. They are low in saturated fat with 1 gram per egg. If you eat eggs, limit them to 7-12 eggs per week.