

Tips for Cutting Fats

Omega-3s are a super food!

They can:

- ⇒ *boost your mood*
- ⇒ *protect against memory loss*
- ⇒ *reduce the risk of heart disease, stroke, & cancer*
- ⇒ *ease arthritis, joint pain, & inflammatory skin conditions*

You need healthy fats in your diet.

Essential (good) fats keep your skin soft and give you energy. You need 10% of your daily calories from good fats like Omega-3s.

Saturated fats raise your blood cholesterol.

Trans fats are even worse!

They raise your bad LDL cholesterol and also lower your good HDL cholesterol!

Choose healthy, low-fat options.

Try whole grains, fruits, vegetables, and beans.

Choose skim or low-fat dairy products.

Cook with small amounts of olive oil or vegetable oil.

Check your flavorings.

Replace high-fat sauces with vinegars, mustards, and lemon juice. Make your own salad dressing or use olive oil on salads.

Read food labels.

Watch out for “partially hydrogenated oil” in the ingredients. Even if the food says it is “trans fat free,” if it contains partially hydrogenated oil, it’s bad for you!

Be wise when eating out.

Skip all fried foods, high fat meats, dishes with cheese, dishes with butter or cream sauces, sour cream, biscuits, and baked goods.