

# Make Healthy Food Choices: Reduce Saturated Fat in your Diet

*Ingrid Adams, Dietetics and Human Nutrition*



Saturated fats should be replaced with monounsaturated fats like canola, olive and safflower oils and polyunsaturated fat such as soya bean and corn oils.

What do the fat on meat, the skin of poultry, and the fat you see when you open a container of beef stew have in common? They are all sources of saturated fat that are easy to see. But some sources of saturated fat, such as the fat in whole milk, high-fat cheeses, ice cream and ice cream products, can be more difficult to spot.

## Did you Know?

- Saturated fat increases blood cholesterol and your risk for heart disease.
- Animal products are the primary source of saturated fat.
- Cakes, cookies, doughnuts, and some pies contain palm and coconut oils which are sources of saturated fats.
- The main sources of saturated fat in the American diet are pizza and regular cheese.

## Foods Containing Saturated Fats

To be able to cut down on saturated fats in your diet, you need to know the foods that contain them (Table 1). Many foods contain a combination of different types of fats so reading labels is very important when trying to decide what foods to eat and which to avoid. The table below gives examples of foods that contain high amounts of saturated fats.

It is recommended that we consume less than 10 percent of calories from saturated fat. Saturated fats should be replaced with monounsaturated fats like canola, olive and safflower oils and polyunsaturated fats, such as soybean and corn oils.

**Table 1. Foods high in saturated fat.**

Food	Saturated Fat (in grams)
Salami (3 slices)	18
Bacon (2 slices)	17
Cream cheese (1/4 cup)	11
Vanilla ice cream (1/2 cup)	11
Butter (1 tablespoon)	7
Cheddar cheese (1 slice, 1 oz.)	6
Meatloaf (one slice)	5
Chocolate cake (1/12 cake)	5
Ranch dressing (2 tablespoons)	2

## Health Risks

Consuming too much saturated fat increases the level of cholesterol in your blood. When cholesterol levels are elevated your risk of having a heart attack, stroke and heart disease increases.

## Reduce Intake of Saturated Fats

Guidelines recommend limiting intake of saturated fat to 10-15 grams a day to avoid an increased risk of heart disease and type 2 diabetes. You can reduce your intake of saturated fats by limiting certain foods and making small changes to your diet. For example:

- Increase your intake of fruits and vegetables.
- Switch from full fat dairy products to reduced fat or fat-free.
- Replace red meats with chicken, turkey, beans, and fish.
- Avoid breaded meats and vegetables.
- Bake, broil, and grill meats.
- Ask for the sauce on the side at a restaurant.
- Cook with herbs and spices instead of butter.
- Trim visible fat before cooking meat.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## References

- American Heart Association, "Saturated Fats." Last modified October 29, 2012. Accessed October 1, 2012, at: [http://www.heart.org/HEARTORG/GettingHealthy/FatsAndOils/Fats101/Saturated-Fats\\_UCM\\_301110\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/FatsAndOils/Fats101/Saturated-Fats_UCM_301110_Article.jsp).
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Project contributor, Kelly Sorge, Dietetics and Human Nutrition Undergraduate student.

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