




Objectives

1. To clarify information on healthy and unhealthy fats and their effect on blood cholesterol levels.
2. To address portion control and how to plan heart healthy meals using Canada's Food Guide.
3. To discuss low fat food preparation methods.





Types of Fats

What Is Saturated Fat?

A type of fat found mainly in animal food sources and some processed foods containing fully hydrogenated vegetable oil


Raises total blood cholesterol and LDL (bad cholesterol) levels




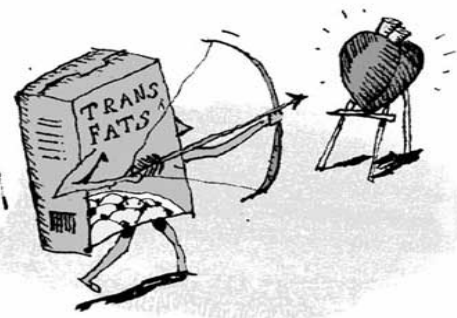
Types of Fats

Saturated Fat Food Sources

- Beef, pork, lamb and poultry
- Full-fat milk or milk products, cheese
- Butter, cream, cocoa butter, lard
- Palm oil, palm kernel oil, coconut oil
- Fast foods



Types of Fats







Types of Fats

What Is Trans Fat?

A type of fat made when a vegetable oil is partially hydrogenated to make it into a more solid fat

Raises total blood cholesterol and LDL (bad cholesterol) levels and lowers HDL (good cholesterol)



Types of Fats

Trans Fat Food Sources

Hard margarines, shortening, partially hydrogenated margarines

Some processed foods such as crackers, biscuits and fast food

Baked goods such as pastries, cookies, pies and danishes

Deep-fried foods such as french fries, onion rings, fish and chips



Types of Fats

What Is Polyunsaturated Fat?

An essential type of fat that cannot be produced by the body

Used in building cells and in hormone production

Recommended replacement for saturated fat

Lowers total blood cholesterol and LDL (bad cholesterol) levels



Types of Fats

Polyunsaturated Fat Food Sources

Found mainly in vegetable oils such as canola, olive, corn, safflower, soybean, sunflower and sesame oil

Soft non-hydrogenated margarines made from these oils



Types of Fats

What Is Monounsaturated Fat?

A type of fat that lowers total blood cholesterol and LDL (bad cholesterol) levels

Recommended replacement for saturated fat



Types of Fats

Monounsaturated Fat Food Sources

Olive oil, canola oil, nuts and avocado

Soft non-hydrogenated margarines made from canola or olive oil



Types of Fats

What Is Omega-3 Fat?

A type of polyunsaturated fat known to lower triglyceride levels and benefit heart health

The three types of omega-3 are DHA, EPA and ALA



DHA/EPA Omega-3 Food Sources

Fatty fish such as mackerel, herring, sardines, salmon, tuna, trout and halibut

Omega-3 eggs

DHA fortified margarine, orange juice, milk and yogurt



Not All Omega-3 Is Equal

Fish oil, DHA & EPA reduce triglycerides, particularly among individuals with high triglycerides

ALA intake have shown non-significant effects on blood fat levels

Only 0.2-15% can be converted by the body from ALA to EPA/DHA

ALA Omega-3 Food Sources

Ground flaxseed, soybean products such as tofu, walnuts, wheat and oat germ

Plant oils such as canola, flax and soybean oils and soft margarines made from these oils



Dietary Cholesterol

Found in foods of animal origin such as egg yolks, meat, poultry, processed meats, organ meats, full-fat dairy products, butter and some shellfish

Too much cholesterol can increase total blood cholesterol and LDL (bad cholesterol) levels

Any Questions On Fat?



Dietary Fibre

Dietary fibre is that part of a plant that cannot be fully digested by the human digestive system


Only found in foods of plant origin



2 Types Of Dietary Fibre


Insoluble Fibre

A type of fibre that does not dissolve in water
Helps prevent constipation and protect against some types of cancer



Soluble Fibre

A type of fibre that forms a gel when mixed with water
Help to lower total blood cholesterol & LDL (bad cholesterol) levels



2 Types Of Dietary Fibre

Insoluble Fibre Foods

Wheat bran, whole grains cereals, breads, pastas and rice, many vegetables and fruit



Soluble Fibre Foods

Oats, barley, rye, psyllium, ground flaxseed, dried beans, peas, lentils
Some vegetables such as cabbage, green beans, squash, brussel sprouts, sweet potatoes
Some fruit such as strawberries, apples, pears and citrus fruit







Sodium

Recommended Intake:

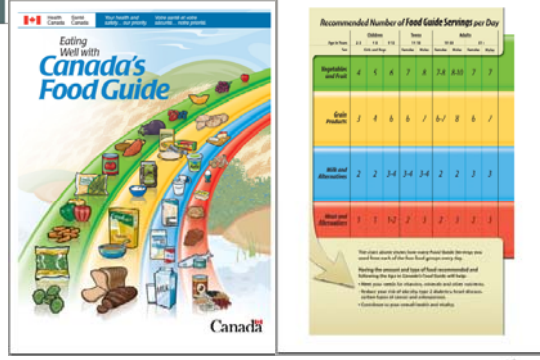
- 1500 mg/day → 18 - 50 yrs of age
- 1300 mg/day → 51 - 70 yrs of age
- 1200 mg/day → > 70 yrs of age
- 2300 mg/day → Upper Limit




This means no salt shaker on the table and little or no salt during food preparation.
Focus on using herbs and spices to flavour food.
Beware of the sodium content of processed foods.



Canada's Food Guide




Age Group	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
19-50	7-8	6-7	3-4	2-3
51-70	7-8	6-7	3-4	2-3
71+	7-8	6-7	3-4	2-3




Eating Well with Canada's Food Guide

Vegetables & Fruit

Age	Females	Males
19-50	7-8	8-10
51+	7	7



Eating Well with Canada's Food Guide

One Serving Of Vegetables and Fruit Is:

-  ½ cup fresh, frozen, or canned vegetables or fruit
-  1 cup raw leafy vegetables
-  ½ cup cooked leafy vegetables
-  7 baby carrots








Eating Well with Canada's Food Guide

One Serving Of Vegetables and Fruit Is:

- ½ cup small berries (e.g. blueberries)
- 1 cup large berries (e.g. strawberries)
- ½ cup 100 % juice
- 2 Tbsp. raisins or dried cranberries
- 2 pitted dried dates or prunes



CREST VALLEY
THE GREAT FOOD MARKET

Eating Well with Canada's Food Guide

Grain Products

Age	Females	Males
19-50	6-7	8
51+	6	7



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Eating Well with Canada's Food Guide

One Serving Of Grain Products Is:

- 1 slice of bread
- 30 g cold cereal
- ¾ cup hot cereal
- 6 soda crackers
- ½ small bagel, pita or bun
- ½ cup cooked rice or pasta



CREST VALLEY
THE GREAT FOOD MARKET

Eating Well with Canada's Food Guide

Milk and Alternatives

Age	Females	Males
19-50	2	2
51+	3	3



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THE GREAT FOOD MARKET

Eating Well with Canada's Food Guide

One Serving Of Milk and Alternatives Is:

- 1 cup skim or 1% milk or soy beverage
- ¾ cup yogurt ≤ 1% M.F. (milk fat)
- 50 g cheese ≤ 20% M.F.
- 50 g soy cheese
- 1 cup 1% M.F. cottage cheese
- ½ cup canned low fat evaporated milk



CREST VALLEY
THE GREAT FOOD MARKET

Eating Well with Canada's Food Guide

Meat & Alternatives

Age	Females	Males
19-50	2	3
51+	2	3



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Eating Well with Canada's Food Guide

One Serving Of Meat & Alternatives Is:

- 2 ½ ounces cooked meat, poultry, fish or shellfish
- 2 eggs
- ¾ cup cooked beans or lentils
- ¼ cup shelled nuts and seeds
- ¾ cup tofu
- 2 Tbsp. peanut butter



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Other Foods

Foods and beverages that are not part of the 4 food groups



- Fats and oils
- Sugars or sweets
- Alcohol



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Fats and Oils

Includes:

- Oils used in cooking
- Oily spreads such as mayonnaise and margarine
- Salad dressings
- Olives



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Sugars and Sweets

- Minimum nutritional value
- Source of concentrated calories
- Increases triglyceride production



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Alcohol

- In moderation
- Moderate drinking means no more than 1 alcoholic drink a day for women and no more than 2 alcoholic drink a day for men



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One Drink Is:

- 1 bottle (or about 350 mL) of beer
- 5 ounces (or about 150 mL) of wine
- 1 ½ ounces (or about 45 mL) of liquor



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Take Home Message

The Key To Heart Healthy Eating Is...

- ♥ Balance, variety and moderation
- ♥ Eat more vegetables and fruit, whole grain products and legumes
- ♥ Eat a minimum of 3 fish servings per week
- ♥ Choose lower fat foods and replace foods that are high in saturated and trans fat with foods containing heart healthy fats such as polyunsaturated and monounsaturated fat
- ♥ Moderate sodium intake



Thank You

