SATURATED FATS

What are Saturated Fats?

Saturated fat is a type of dietary fat. It is one of the unhealthy fats, along with trans fat. These fats are most often solid at room temperature. Foods like butter, palm and coconut oils, cheese, and red meat have high amounts of saturated fat. Too much saturated fat in your diet can lead to heart disease and other health problems.

Where you can find saturated fats.

Burgers, pizza, pasta, cakes, cookies and ice cream are on the long list of saturated fat rich foods. Saturated fats are not exclusive to prepackaged foods, however there is a higher percentage of saturated fats found in most prepackaged foods.

How much saturated fat is too much?

USDA recommends less than 20 grams of saturated fats a day. It's important for adults and children over the age of 2 to get less than 10% of daily calories from saturated fat. For a 2,000-calorie diet, 10% is 200 calories — that's about 20 grams of saturated fat. So, 20 grams is a simple limit to remember. For people who get less than 2,000 calories a day may need to limit saturated fat to much less than 20 grams.

How can I cut down on saturated fat?

The healthy option is not to limit saturated fats that raise your LDL ('Bad" cholesterol)— it's to replace it with **healthier unsaturated fats** that lower your LDL, lowering your risk of heart disease. Try these simple swaps to add a healthier unsaturated fat into your daily diet:

- Cook with vegetable oil instead of butter or margarine
- Choose lean cuts of beef or pork
- Try grilled skinless chicken breast instead of fried
- Read nutrition labels when buying prepackaged foods