



How Much Fat Is Enough?

The generally accepted definition of a low-fat diet is one in which 15 to 30 percent of overall calorie intake comes from fat. Depending on a person's size, age, activity level, and other influences on calorie needs, this might translate to 27 to 90 grams of fat a day. Inadequate dietary fat intake may result in a fat-related deficiency (that largely depends of the source of fat in your diet.) But recent research suggests that people who avoid being over-restrictive when it comes to fat can end up with better overall nutrition quality. With more freedom to use healthy oils like olive and canola for cooking and flavoring, these people tend to do better at meeting the health recommendations that encourage the abundant use of vegetables.

For more information on different types of fat and its role in a healthy diet, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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