



## Is All Fat Bad For Us?

Although it may be surprising to some, all fat is not bad for us. The saturated fats found in high-fat meats and whole-milk dairy products should be kept to a minimum because they raise blood cholesterol and possibly promote cancer development. Trans fats from hydrogenated shortening used in commercial bakery and deep-fried foods should also be avoided. But the monounsaturated fats, found in olives and olive oil, canola oil, nuts and avocados, lend flavor and texture to food without raising blood cholesterol or promoting cancer. Omega-3 fats found in fatty fish, flaxseed and some nuts seem to offer protection from heart disease, stroke and possibly some cancers. And we need small amounts of other polyunsaturated fats, like those found in vegetable oils, seeds, poultry and seafood; it's just getting too much that raises concern about a possible role in promoting cancer. All fat is relatively concentrated in calories, so too much can lead to weight problems. But in moderation, it's part of healthy eating, supplying vitamin E and helping us absorb fat-soluble nutrients from vegetables.

For more information on ways to determine how much fat intake is right for you, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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