

Al menos, hazle caso a los cardiólogos (i)

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Beneficial versus harmful fats

Some fats such as Omega-3, Omega-6 and monounsaturated fats are considered better fats because they either promote heart health or do not contribute to heart disease. Like all foods, fats have calories, so consider the amount of calories in fats when deciding what to eat. Even beneficial fats should be eaten in moderation.

Other fats, such as saturated and *trans* fats should be avoided, because diets high in these fats are strongly associated with the development of heart disease and stroke.

The American Heart Association recommends keeping saturated fat to less than 7 percent of total calories, and trans-fats to less than 1 percent of total calories by eating a healthy dietary pattern, rich in fruits, vegetables, low-fat dairy products, high-fiber whole grains, lean meat, poultry, and fish twice a week. A range of 25 percent to 35 percent of total calories from all fat is an appropriate level for a healthy eating pattern. For more information about healthy dietary pattern, click here: americanheart.org/nutrition.

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	Very beneficial	Beneficial	Good	Avoid/limit	Avoid/limit
	Omega-3 Polyunsaturated fatty acids (PUFA)	Omega-6 Polyunsaturated fatty acids (PUFA)	Mono-unsaturated fatty acids (MUFA)	Saturated fat	<i>Trans</i> fat
Found in	Fatty fish, shellfish, flaxseed, walnuts, and canola	Nuts, seeds, vegetable oils such as sunflower, safflower, corn and soybean oils	Canola and olive oil	Animal-based products including full fat dairy products – butter, cream, cheese and meat. Also present in tropical oils such as coconut and palm oil	Manmade: Margarine, commercially fried and baked foods
Amount	Most People: 2 servings of fish per week People with high cholesterol: talk to your physician about whether omega-3 fatty acid supplements are right for you	Up to 5 percent to 10 percent of total calories, as part of the total fat intake About 12-22 grams per day Take the calories in each teaspoon into consideration within your daily food choices (About 40 cal per tsp vegetable oil)	Most of the fat you eat should be MUFA or PUFA Total fat should be about 56 to 78 grams per day	No more than 7 percent of total calories consumed About 16 grams on a 2000 calorie per day diet Select lean meats and poultry and eat 2-3 servings of low-fat or fat-free dairy products per day	No more than 1 percent of total calories consumed Avoid commercially baked or fried foods that are not trans-fat free Read labels and avoid products made with hydrogenated oils