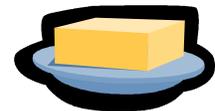


FATS THE HEALTHY WAY

Eating a diet low in fat has been shown to promote health. There are several different types of dietary fat, some of which are better than others when it comes to cardiovascular health. During the first years of your child's life, dietary fat plays an important role in brain development. As your child gets older, it is safe and recommended to limit dietary fat intake to healthy levels.

The Basics:

- All fats have 9 calories/gram of fat while carbohydrates and proteins have 4 calories/gram, making fats the most calorically dense food choice.
- There are 5 types of dietary fat
- Monounsaturated fats
 - The healthiest type of fat; actually lowers bad cholesterol without lowering good cholesterol.
 - Found in olive oil, canola oil, avocados, nuts and nut butters.
- Omega-3 Fats
 - Works in the body by making blood vessels less sticky and less prone to clotting.
 - Found in fatty fish, flaxseed, canola oil, soybean oil, and walnuts.
- Polyunsaturated Fats
 - Can lower total and LDL cholesterol or bad cholesterol, but at the same time high intakes can lower HDL or good cholesterol as well.
 - Found in corn, soy, sunflower and sesame oils, margarine and mayonnaise
- Trans Fats
 - Raise total and LDL cholesterol while lowering good HDL cholesterol
 - Found in baked goods, margarine, crackers, cookies, chips, fried foods and hydrogenated oils.
- Saturated Fats
 - Raise total and LDL cholesterol values in the blood.
 - Found in fatty meats, high-fat dairy products, butter and tropical oils.



Getting Started:

- For children ages 2-3, total fat intake should be no more than 35% of the total calories that your child eats each day.
 - ex: $1600 \text{ calories} \times .35 = 560 \text{ calories} / 9 \text{ cal/g fat} = 62 \text{ grams of fat /day}$
- For children ages 4 and up, total fat intake should be no more than 25% of the total calories that your child eats each day.
- To keep your child's fat intake within a healthy range
 - Include healthy fats in your child's diet including avocados, fish, and nuts.
 - Choose the lower fat alternatives to your favorite products like ice cream, pudding, cheese, milk, deli meat, cookies, chips, cakes, salad dressings, butter and margarines, mayonnaise and breads.
 - Don't add fat to healthy foods including butter to vegetables and bread. Each Tablespoon of salad dressing or oil provides 50 calories and 5 grams of fat.
 - Avoid offering French fries and high fat desserts to your children at most meals.

