Fat: Essential for Life

What's your number of recommended fat grams?
- The amount of fat you need is based on how many calories you need.
- Recommendations for fat grams range from 20-30% of total calories.
- That translates into about 20-40 grams of fat for women and 30-50 grams of fat for men.

**Recommendation: 30-50 grams fat per day**

Read food labels to determine fat grams.
- 5 grams = 1 teaspoon of fat (butter, margarine, lard, oil)
- 15 grams = 1 tablespoon of fat (3 teaspoons = 1 tablespoon)

**Avoid unhealthy fats:**
- Saturated fats: meats, hard cheese, whole milk, butter, eggs, fast foods, snack foods
- Trans Fatty Acids: partially hydrogenated fats in snack foods and fast foods

<table>
<thead>
<tr>
<th>High Fat Foods</th>
<th>Approx. grams of fat</th>
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</thead>
<tbody>
<tr>
<td>Chips – 8 oz bag</td>
<td>88 grams of fat</td>
</tr>
<tr>
<td>Large Burger &amp; Fries</td>
<td>60 grams of fat</td>
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<tr>
<td>Steak – 8 oz</td>
<td>65 grams of fat</td>
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</tbody>
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**Choose healthy fats:**
- Monounsaturated fats: nuts (walnuts, pecans, almonds, etc.), seeds (sesame, sunflower), avocados, olives and some oils (olive oil, soy oil, and canola oil).
- Omega-3-fatty acids: ground flax seed, walnuts

Daily recommendation: 2 tablespoons nuts or seeds – 10 grams of fat

**Make a healthy salad:**
- Choose mixed dark greens.
- Choose from: red, green, orange and/or yellow pepper, tomatoes, cucumbers, carrots, green onions, celery, parsley, tender summer squash, and/or garbanzos or beans (drained).
- Choose from healthy fats with olives, avocado, nuts (walnuts, pecans, or pinenuts) or seeds (sesame or sunflower).
- Add a healthy dressing with olive oil and lemon juice. Try adding a little tahini (sesame seed butter).