

Facts on Fats

Learn to make heart healthy choices...

BREAKING THE BIG FAT LIES...

Fats have had a bad reputation for quite some time. The truth is fats are essential to the body and will help to build and maintain a healthy heart. However, we need to make sure we are choosing the right fats. If we learn to make healthy choices, we will discover the heart healthy benefits!

LOVE IT
UNSATURATED (POLY & MONO)

- Lowers rates of cardiovascular and all-cause mortality
- Lowers bad cholesterol & triglyceride levels
- Provides essential fats your body needs but can't produce itself

LIMIT IT
SATURATED

- Increases risk of cardiovascular disease
- Raises bad cholesterol levels

LOSE IT
ARTIFICIAL TRANS FAT, HYDROGENATED OILS & TROPICAL OILS

- Increases risk of heart disease
- Raises bad cholesterol levels



BRAIN BOOSTERS! OH MEGA OH MY....

Omega-3 fatty acids may lower your risk of heart disease and help with brain, nerve, and eye development. These fats may also play a role in lowering your risk of cancer, Alzheimer's disease, and dementia.



Healthy Fats Shopping List!

- AVOCADOS
- NUTS/SEEDS
- NUT BUTTERS
- CHIA SEEDS
- HEMP SEEDS
- FLAX SEEDS
- OLIVE OIL
- FISH/SEAFOOD
- FLAXSEED OIL
- CANOLA OIL
- CORN OIL

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RECIPE

Overnight Chocolate Chia Seed Pudding (Vegan + Gluten Free)

INGREDIENTS

- 1 1/2 cups (360 ml) unsweetened original almond milk
- 1/3 cup (63 g) chia seeds
- 1/4 cup (24 g) cacao or unsweetened cocoa powder
- 2-5 Tbsp (30-75 ml) maple syrup if not blending (can sub 5-9 dates, pitted, if blending)
- *optional*: 1/2 tsp ground cinnamon
- 1/4 tsp sea salt
- *optional*: 1/2 tsp vanilla extract



INSTRUCTIONS

1. Add all ingredients except sweetener to a mixing bowl and whisk vigorously to combine. If not blending (which I preferred!), sweeten to taste with maple syrup at this time. If blending, you can sweeten later with maple syrup or dates.
2. Let rest covered in the fridge overnight or at least 3-5 hours (or until it's achieved a pudding-like consistency).
3. If blending, add to a blender and blend until completely smooth and creamy, scraping down sides as needed. Sweeten to taste.
4. Leftovers keep covered in the fridge for 2-3 days, though best when fresh.
5. Serve chilled with desired toppings, such as fruit, granola, or coconut whipped cream.

Nutrition per serving size (¼ of recipe):

Calories: 133 calories per serving Fat: 8 g Saturated fat: 1.2 g Carbohydrates: 17g Sugar: 9g Sodium: 187mg
Fiber: 8.6 g Protein: 5.3 g

The Benefits of Chia!

Chia seeds are an excellent source of Omega-3 fatty acids and fibre. They contain approximately 10g/fibre per 2 tablespoons! Chia seeds are also a source of protein, calcium, magnesium, iron and zinc. These powerful seeds can be used in smoothies, as a topping to yogurt, in baked goods, and much more.

Sources: www.heart.org, www.eatrightontario.ca, www.dietitiansofcanada.ca, www.todaysdietitian.com, minimalistbaker.com