

Eat Healthy Fats



CHALLENGE

Choose healthy fats to improve your health

Requirements to complete this HEALTH CHALLENGE™

1. Read "Eat Healthy Fats."
2. Create a plan to add more healthy fats to your diet.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Butter. It's one of the attractions that brings close to 100,000 people a day to the Iowa State Fair every year.

But the droves of people aren't looking for a pat of butter on toast, a biscuit, or corn-on-the-cob.

They come to see the Butter Cow sculpture and

other butter-themed creations made by Sarah Pratt, the fair's resident butter sculptor.

The famous Butter Cow sculpture has been an Iowa State Fair tradition for more than 100 years. It's a life-size replica of a cow made from 600 pounds of pure-cream butter.

And if you did carve it up into single-serving pats of butter, it would be enough to butter 19,200 slices of toast. That's a lot of butter.

Pratt's creations might be nice to look at, but butter and other foods that contain saturated or trans fats can clog your arteries and increase your risk for chronic diseases.

Health professionals recommend avoiding or limiting bad fats. However, your body needs good fats to protect your health and provide you with energy.

Skip the butter on your morning toast and take the month-long Health Challenge to Eat Healthy Fats.

Fat Facts Quiz

How much do you know about healthy fats? Take the quiz to find out.



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1. Most fruits and vegetables contain some healthy fats.
2. Olive oil is not any healthier than butter or margarine.
3. Saturated fats and trans fats can raise cholesterol levels and increase the risk for a heart attack or stroke.
4. Some major sources of unhealthy fats for many people are red meat, pizza and milk.
5. Eating plant-based foods is the best way to add more healthy fats to your diet.

How did you do? Olive oil is a healthier option than butter, margarine and vegetable oil. Eating more whole, plant-based foods and healthy fats can help lower bad cholesterol levels, increase good cholesterol levels and prevent disease.

Answers: 1. True 2. False 3. True 4. True 5. True.

Cholesterol Levels & Your Diet

The type of fats you eat can have a big impact on cholesterol levels.

Having high cholesterol puts you at risk for heart disease and stroke.

Both are leading causes of death in the United States that claim the lives of about 857,000 people a year.¹

- **Total cholesterol.** An estimated 94 million adults in the U.S. have total cholesterol levels higher than normal.²
- **Only 1 out of 3 adults** with high cholesterol has the condition under control.
- **There are no symptoms.** Many with high cholesterol don't even know it.



Infographic:
7 tips to control
cholesterol
<https://tinyurl.com/438vy3uk>

Add These 9 Healthy-Fat Foods to Your Diet

Fortunately, not all fat is bad. Healthy fats, or unsaturated fats, found in plant-based foods, protect your heart and brain, and help lower the risk for heart disease, stroke and other chronic diseases.⁴

Hungry for better health? Add these healthy fats to your diet:

- Olive oil
- Canola, soy, and other non-hydrogenated plant oils
- Trans fat-free, soft tub margarines
- Salad dressings made from non-hydrogenated vegetable oils
- Cold water fish, such as salmon
- Olives and avocados
- Nuts and seeds, including flax seeds
- Plant-based spreads, such as hummus or nut butters
- Fruits, vegetables, and legumes

Plant-Based Power to Control Cholesterol

Choosing foods with less trans fats and saturated fats will help lower your blood cholesterol levels and protect your health.

Plant-based foods like tofu, avocado, soy products, and legumes (peas, beans, lentils, etc.), are cholesterol-free, low in saturated fat, and actually lower cholesterol because of their healthy fat and fiber content.

Vegetables, nuts and seeds, and whole-grain breads and cereals are good sources of healthy fats too.

Eat more healthy fats, and you'll be healthier, feel better, and live longer.



Cut down on saturated fats
<https://tinyurl.com/bdzkprtd>

4 Ways to Measure Cholesterol

A simple blood test can measure cholesterol for:³

- **Total cholesterol.** A measure of the total amount of cholesterol in your blood. (Healthy level for adults = 125 to 200 mg/dL)
- **LDL (bad) cholesterol.** The main source of cholesterol buildup and blockage in the arteries. (Healthy level for adults = Less than 100 mg/dL)
- **HDL (good) cholesterol.** HDL helps remove cholesterol from your arteries (Healthy level for adults = 40 mg/dL or higher)
- **Triglycerides.** The most common type of fat in your body.



5 Types of Fatty Foods to Avoid or Limit

Walk down the aisles at the grocery store and you're bound to see dozens of product packages labeled "low-fat."

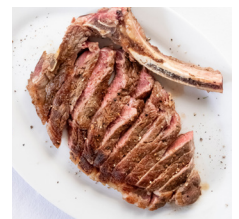
Don't be fooled. In most cases, the label just means the item is low in saturated or trans fat, and not a good source of healthy or unsaturated fat.

Here are 5 types of fatty foods to avoid or limit:

- **Meats:** Beef, lamb, pork, sausage, bacon, hamburgers, hot dogs, steak
- **Full-fat dairy:** Whole milk, cream, butter, ice cream, cheese
- **Animal and solid fats:** Lard, vegetable shortening, hard-stick margarine
- **Baked goods using solid fats:** Pie crust, cake, cookies, pastry, doughnuts, crackers
- **Coconut or palm oil:** Non-dairy toppings and creamers

Is it healthy fat? Here's an easy way to tell. If it's solid at room temperature (like the 600-pound Butter Cow sculpture), it's not healthy.

Fats and cholesterol
<https://tinyurl.com/2p92tjd6>



References

1. Centers for Disease Control and Prevention. (2022). Leading causes of death. From: <https://tinyurl.com/4mjcwhpc>
2. Centers for Disease Control and Prevention. (2021). High cholesterol facts. From: <https://tinyurl.com/2582eta7>
3. National Library of Medicine. (2020). Cholesterol levels: What you need to know. From: <https://tinyurl.com/3me2wez7>
4. American Heart Association. (2018). 'Bad' cholesterol can be deadly in otherwise healthy people. From: <https://tinyurl.com/2f3c66t3>

Eat Healthy Fats



CHALLENGE
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Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to add more healthy fats to your diet.
3. Use the calendar to record your actions and choices to eat healthy fats
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
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_____ Number of days this month I ate healthy fats
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

 Name _____ Date _____