



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

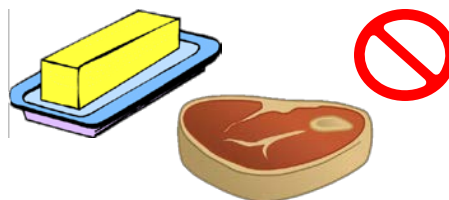
A Focus on (Healthy) Fats

Here's a fact on fats: not *all* fat is bad for you. The fat in the foods you eat provide energy for your body and support many of its functions. The 2015-2020 Dietary Guidelines recommend diets that encourage the intake of healthy fats, rather than just lowering fat intake. There are several different types of fat: saturated, and unsaturated, and trans fats, oh my! So which ones should we be eating? Keep reading to figure out your fat facts.

Fats to Limit

Saturated fats come from animal sources, such as:

- Red meat
- Poultry
- Butter
- Cheese (and other dairy products made from whole or 2% milk)



Trans-fats are found in oils made through a processing method called *partial hydrogenation*. Check your food labels for amounts of trans-fats. Some examples of foods with trans-fats are:

- Shortening
- Stick margarine

Fats with high amounts of saturated/trans-fat are generally solid at room temperature.

By law, foods with < 0.5 g trans-fat can be labeled as 0 g trans-fat. Check the ingredients list for the words *partially hydrogenated* as an indicator of trans fat.

Fats to Include

Unsaturated fats can improve your lipid profile, and when consumed instead of saturated fats, can reduce your risk of heart disease and type II diabetes. They include *Monounsaturated fats* and *Polyunsaturated fats*, both found in various foods and oils.

Examples found in the dining hall include:

- Canola, olive, peanut, and corn oil – use as a replacement for butter
- Unsalted nuts/seeds – a small handful of nuts/seeds is a smart swap for chips
- Avocados – a bit of guac on your toast goes a long way
- Peanut Butter – apple slices and a thin layer of PB is a great snack



Omega-3 Fatty Acids are a type of polyunsaturated fat that are beneficial for heart health and brain function. Your body cannot make omega-3 FA's, so it is important to incorporate them into your diet.

Examples found in the dining hall include:

- Fatty fish, like salmon and tuna – enjoy at least twice a week
- Walnuts, a plant-based source of omega-3 FA's — add to your cereal or salad
- Foods fortified with omega-3 FA's – eggs, milk, and soy beverages

Unsaturated fats are mostly liquid at room temperature.



(Healthy) Fat is our Friend

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References: *Choose Healthy Fats* Available at: <https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/choose-healthy-fats> Accessed on Sept. 28, 2019 *Dietary Fats: Know which types to choose* Available at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fat/art-20045550> Accessed on Sept. 28, 2019

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