

# Simple guide to Fats

**Fat** is an essential nutrient for our bodies. Dietary fat provides energy and helps our guts absorb certain vitamins from foods. Fat is good, but some fats are healthier than others.

- Recommendations about dietary fat have shifted over the last two decades. Back then, experts emphasized eating a low-fat diet. Now, research suggests that unsaturated fats are good for you.
- **Unsaturated fats** come mostly from plants. Oils that are liquid at room temperature (canola, peanut, safflower, soybean, and olive oil) contain unsaturated fat. Nuts, seeds, and avocados are good sources. Fatty fish such as salmon, sardines, and herring are also good.
- **Saturated fats** are still necessary in the diet, but not too much. Saturated fats are found mostly in animal products like meat and dairy.
- **Bottom line:** Too much saturated fat increases your risk for heart disease. Try to eat a plant forward diet. If you have more questions, give us a call!

**QUESTIONS?**

**Call Beth McKinney, Registered Dietitian**

**607-535-7470**

