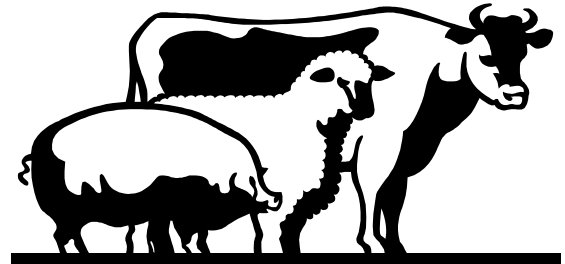


# Sources of Cholesterol and Fats

Cholesterol only  
comes from  
animal sources



No plant food contains  
cholesterol

However saturated fat and trans fats can  
be anywhere

# ♥ Blood Fat (Lipids) Goals ♥

	<b>General Public</b>	<b>People With Diabetes</b>
Total Cholesterol	<200	<200
HDL (healthy)	>40	>45
LDL (lousy)	<100	<100
Triglycerides	<150	<150



# **CALCULATING FAT GRAMS:**

**DIVIDE DESIRED  
WEIGHT BY 3**



# Percent Fat Individualized

**25–40% of total calories**

## **Saturated—<8%**

Animal fats (butter, lard, bacon grease)

Tropical oils (palm, coconut)

## **Trans—minimal amount**

Hydrogenated or partially hydrogenated oils

## **Polyunsaturated—10%**

Many vegetable oils (corn, soybean, safflower, sunflower)

Omega-3 fatty acids (fish oils)

## **Monounsaturated—12–20%**

Vegetable oils (olive, peanut, and canola)



Overhead

# Nutrition Facts

<b>Nutrition Facts</b>	
Serving size 1/2 cup (114 g)	
Servings per container 4	
<b>Amount per serving</b>	
<b>Calories</b>	90
Calories from Fat	30
<b>% Daily Value</b>	
<b>Total fat 3g</b>	<b>5%</b>
<b>Saturated fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
<b>Dietary Fiber 3g</b>	<b>12%</b>
Sugar 6g	
<b>Protein 3g</b>	
<b>Vitamin A</b>	<b>80%</b>
<b>Vitamin C</b>	<b>60%</b>
<b>Calcium</b>	<b>4%</b>
<b>Iron</b>	<b>4%</b>



# Trans Fatty Acids

## Study found—

1/3 of trans fat comes from margarine

2/3 comes from baked and fried food

<u>Type of Fat</u>	<u>Reduction in LDL</u>
Soy oil	-12%
Liquid margarine	-11%
Tub margarine	-9%
Shortening	-7%
Stick margarine	-5%

