



BE YOUR BEST
HEALTHY LIFESTYLE PROGRAM

Healthy Fats and Low-Fat Cooking Ideas

Remember, all fats are loaded with calories, so use them sparingly.

Fat	Benefits	Uses
Olive Oil	Is a monounsaturated fat that contains 30-40 antioxidants. When substituted for butter or other oils, can help protect heart health.	Drizzle lightly on bread instead of butter. Saute vegetables in olive oil and garlic for extra flavor. Cut fresh potatoes into fries, toss in a dash of oil, and roast in the oven at 400 degrees for healthy French fries.
Canola Oil	Is a good source of omega-3 fatty acids, which help reduce the risk of heart disease and may reduce the risk of ischemic stroke.	Use in cooking whenever you don't want the stronger flavor of olive oil. Toss with root vegetables, then roast in the oven. Mix a dash of canola with lemon juice and salt and pepper, and toss in a salad of apples, fennel, and greens. Use instead of margarine or shortening to grease cookware.
Fish: Salmon, Tuna, Trout, Striped Bass, Mackerel, Herring, Sardines	Dietary omega-3 fatty acids from fish help reduce the risk of heart disease and sudden cardiac death.	Baste a filet of salmon with a teaspoon of olive oil, toss on some sprigs of rosemary or thyme, salt and pepper, then slow roast for 17 minutes at 250 degrees. Make a light tuna salad with a bit of olive oil or canola oil instead of mayonnaise. Brush a filet of trout with olive oil and lemon, then coat with seasoned breadcrumbs and bake for Mediterranean-style taste.
Nuts: Almonds, Walnuts, Pecans, Peanuts	Contain poly- and monounsaturated fats that, when substituted for other fatty foods, can reduce bad LDL cholesterol and total cholesterol levels.	Eat raw, as a healthy snack, instead of chips or crackers. Pulverize into crumbs and use to bread a trout filet, then saute lightly in canola oil. <i>*Avoid nuts roasted with oil and salt.</i>
Flax Seeds or Hemp Seeds	Are rich in the omega-3 fatty acid called alpha-linolenic acid (ALA), which helps control inflammation and blood pressure, as well as other body functions.	Flax seeds spoil easily, so buy them fresh and keep them in the fridge. Toss into salads, soups, stews, or casseroles.

WebMD Medical Reference

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