

What is the Difference in Saturated, Polyunsaturated, & Monounsaturated Fat?

Saturated fats are:

- Fats found in fatty fresh and processed meat, the skin and fat of poultry, whole milk, cheese, butter, cream and regular ice cream.
- Oils found in coconuts and palms.

When eaten in excess saturated fats tend to raise the bad (LDL) cholesterol which causes heart disease.

Polyunsaturated fats are:

- Oils, such as soybean, cottonseed, sunflower, safflower, and corn. They are liquid at room temperature.

Polyunsaturated fats decrease total blood cholesterol — both the bad (LDL) cholesterol, and the good (HDL) cholesterol— and thus prevent against heart disease.

Monounsaturated fats are:

- Oils such as olive, peanut, and canola. Like polyunsaturated fats, they are liquid at room temperature.

Monounsaturated fats are particularly good to use because they guard against heart disease by decreasing the bad (LDL) cholesterol but leaving the good (HDL) cholesterol alone.

All contain 9 calories per gram of fat!

Herbed Pita Bread

6 (6-inch) whole wheat pita rounds
Olive oil or squeeze margarine
Garlic powder
Dried Italian seasoning

Split pita rounds; coat lightly with olive oil. Sprinkle with seasonings; cut each into four wedges for a bread serving with meals or in eight wedges to make chips.

For Chili Chips:

Add cumin, chili and garlic powder.

For Sugar Cinnamon Chips:

Use squeeze margarine and sprinkle with sugar and cinnamon.

What You Need to Know About Trans Fats!

When unsaturated vegetable oils are processed (partially hydrogenated) and made more solid or into a more stable* liquid, they are considered trans fats. Trans fats are found in foods such as baked goods (pie crusts, crackers, and cookies), fried foods (chips and fries), and some margarine products. Unfortunately, trans fats increase bad (LDL) cholesterol and total cholesterol.

* Partially hydrogenating vegetable oils makes margarine more spreadable, pie crusts more flaky, crackers, chips and fries more crispy and prevents off flavors.

Sticks, Tubs, Liquids and Spreads — Are You Confused about which Margarine to Choose?

The following information may be helpful:

- **Stick, tub and liquid margarine** are made of vegetable oils (corn, sunflower, safflower, and soybean). The more solid the product the more saturated. The more solid the product the more saturated. In other words, sticks are more saturated than tubs. And tubs are more saturated than liquids. Because saturated fat may cause heart problems, it is best to choose the product that is least solid.
- **Spreads** are made of the same vegetable oils as regular margarine but less oil is used. The manufacturer adds water to replace the oil removed. You are getting less fat per tablespoon because the fat is whipped with water.

Read the nutrition information. Look for a ratio of polyunsaturated to saturated fat (P:S) of at least 2 to 1, or look for a margarine with liquid oil as the first ingredient rather than one with partially hydrogenated oils as the first ingredient.