



FAT DICTIONARY		
Type of Fat	Major Food Sources	Effect on Blood Lipids
HEALTHY FATS: Monounsaturated	Canola, olive & peanut oil, olives, avocados	Lowers total cholesterol; lowers LDL cholesterol*
Polyunsaturated	Safflower, corn, sunflower, sesame, soy & cottonseed oils, fish, soft margarine	Lowers total cholesterol; lowers LDL cholesterol*
Omega-3 Fatty Acids (a polyunsaturated fat)	Fatty fish: salmon, mackerel, sardines; soy foods, flax seeds, walnuts, soybean & canola oil	Lowers triglycerides; lowers total cholesterol*
HARMFUL FATS: Trans	Partially hydrogenated vegetable shortening, found in crackers, cookies, stick margarine, fried foods	Raises total cholesterol; raises LDL cholesterol; may lower HDL cholesterol
Saturated	Animal-based foods: lard, meat, poultry, butter, whole milk; coconut, palm & palm kernel oils	Raises total cholesterol; raises LDL cholesterol

*Only if unsaturated fat replaces saturated fat, not in addition to the fat you already consume.

OUR MISSION WITH STOP HUNGER

Stop Hunger Where It Starts

Since 1999, the Sodexho Foundation has been committed to being a driving and creative force that contributes to a hunger-free nation.

In order to eliminate hunger that affects 35 million people in the U.S., we must fight its root causes. The Sodexho Foundation supports innovative programs to help children and families who are battling problems like poverty, unemployment, lack of education, and food insecurity.

From nutrition programs for children, to job training for adults, the Foundation supports hunger-related initiatives on the local, state, and national levels.

www.helpstophunger.org



For more information:

- The American Dietetic Association
www.eatright.org
- American Heart Association
www.americanheart.org
- The International Food Information Council
www.ific.org
- Food Guide Pyramid
www.MyPyramid.gov

Balance Mind Body Soulsm is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental, and environmental. Wellness is unique to each individual. Knowledge is key. It may be easier than you thought. Experiencing new things—a sport you haven't done before, a food you haven't tried, a new idea you never thought about, or a creative way of approaching a problem like stress—may also help you to balance and define your wellness goals.

www.balancemindbodysoul.com



10% Total Recovered Fiber/All Post-Consumer Fiber



Get Your FATS STRAIGHT



balance
mind, body
and soul

Fats & health: an essential connection

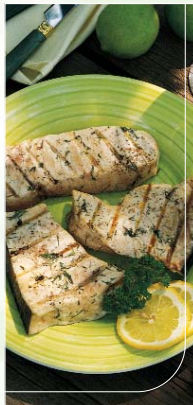


Sometimes we have a “phobia” about fat. But fat is essential for good health. The key is not to banish fat, but to balance both the types and amounts of fat we eat. Fat has many important functions in the body.

- Fats are a rich source of energy.
- The body uses fat to make cell membranes, and is the raw material for several hormone-like compounds.
- Fat regulates blood cholesterol levels.
- The body cannot make all the fatty acids it needs: some fatty acids are “essential” that we have to get from food.
- Fats serve as carriers for the absorption of fat soluble vitamins A, D, E and K and carotenoids.
- Body fat cushions vital organs and protects us when we fall.
- Fats help maintain healthy skin and hair.
- Fats add flavor, texture and palatability to food and meal satisfaction.

Too much fat is bad news

Too much fat can contribute to obesity and heart disease. Some types of fats are more desirable than others, but it is best to keep all fats in check. This means that no more than 20 to 35 percent of calories should come from fat, with most of this fat from unsaturated fat sources.



Fats are not Created Equal



UNSATURATED FATS— BOTH MONOUNSATURATED & POLYUNSATURATED—help reduce blood cholesterol when they replace saturated fats in the diet. Most of the fat in our meals should come from unsaturated sources such as olive oil, vegetable oils, fish and nuts.

OMEGA-3 FATTY ACIDS

These polyunsaturated fats are found in cold water fish such as salmon, trout, sardines and mackerel. Plant sources include walnuts, flax seed, canola oil and soynuts. Omega-3s appear to have benefits for cardiovascular health.



SATURATED FATS

These fats are found mostly in animal products and tropical oils. In large amounts, saturated fats raise blood cholesterol levels. Meats, baked goods and full-fat dairy products are the main sources of saturated fat in the American diet.

TRANS FATS

Man-made trans fats are created by partially hydrogenating oils to make them more solid and shelf stable. Examples are stick margarines and hydrogenated shortening. The main sources of trans fats are cookies, crackers, pastries and fried foods. Manufacturers have been required to list trans fats on food labels since January 2006. Trans fats should be kept as low as possible. Read labels! Sodexo does not use trans fat oils in cooking.

Trimming the Fat



BREADS & CEREALS: select breads, cereals and crackers that are low in fat and saturated fat, and without trans fats. Read the label.

FRUITS & VEGETABLES: Buy frozen vegetables without sauce. Squeeze on lemon or orange juice for added flavor. Eat fruit for dessert with non-fat yogurt.

MILK & MILK PRODUCTS: Use skim or reduced fat milk and cheese, fat-free or low fat yogurt and sour cream.

MEAT: Choose lean cuts of meat. Trim visible fat. Remove skin from poultry. Replace some meat entrees with beans or other legumes, and fish once or twice a week, to reduce total fat and saturated fat.

Fats & Oils:

Cook with unsaturated oils such as canola and olive oil. Olive oil can often replace butter. Use all oils and fats sparingly. Select soft, liquid or spray margarine instead of hydrogenated margarines. (Read labels.) Try wine, lemon, orange or tomato juice, herbs, spices or broth instead of butter or margarine when cooking.

