Reducing Your Saturated Fat Intake

There are two types of fats to consider. There are unsaturated fats and saturated fats. Unsaturated fats actually improve our health by lowering the risk of cardiovascular disease and improving cholesterol levels. These are foods like avocado, olives, nuts and seeds. Saturated fats do great harm to the human body by increasing cardiovascular complications, increasing the risk for heart disease and type 2 diabetes. These are foods like palm oil, butter, meat, and dairy products.

Saturated fat and cholesterol not only clog up arteries but also harden them. Imagine trying to run and your arteries not being able to get nutrients and oxygen to the working muscles groups quickly and efficiently because the arteries are clogged and restricted, and unable to dilate well.

Think of your arteries as a garden hose – if its filled with mud is water going to be able to travel through it well? If its frozen to the ground is water going to be able to travel through it well? Not at all. This is limiting athletic performance.

The good news is that this is all reversible. So, if you have been eating a diet high in saturated fats and cholesterol, by limiting those in your diet and increasing your dietary unsaturated fats and fiber you and greatly improve your health.

**Here is your fun activity**: count how much fat and saturated fat you eat in one day. You can even try this a few times a week or once a week to check in and make sure you are not getting too much.

1. Any packaged foods will state on the Nutrition Facts panel how much saturated fat there is in each serving. Be sure to multiply that amount of saturated fat by how many servings you eat.
2. You will have to look up any whole foods that do not come with a label. This is a simple google search and you can estimate how many servings you ate.
3. Add it all up. Are you getting more or less than 10 grams of saturated fat today? If you are getting too much saturated fat in your diet, try reducing the amount or number of times you eat foods like dairy and meats.

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| Date: |  |  |  |  |  |  |
| Grams of Fiber: |  |  |  |  |  |  |