



## The Skinny on Saturated and Trans Fats



### Saturated fat

Eating a diet low in saturated fat can help lower your cholesterol. Keeping saturated fat to 7 to 10% of total calories is desired. Consultation with a dietitian is important.

Common sources of saturated fat: beef, lamb, pork,\* poultry with the skin, beef fat, lard, cream, butter, cheese, whole or reduced-fat dairy products

*\*leanest cut is the loin.*

### Saturated fat shockers

- Clam chowder, like many cream-based soups, has 20 grams of saturated fat.
- Pizza — Meat toppings can add up to 10 grams per slice.
- Cheese Danishes are made with milk, butter and eggs and each danish packs a 16-gram punch.
- Chicken nuggets — A single nugget has ½ to 1 gram of fat, and that's without the fries!



### Trans fat

Trans fats are sometimes disguised as “partially hydrogenated oils” on the ingredients list, even if the label claims the product has 0 grams of trans fat. Keeping your diet trans fat free is best.

Common sources of trans fat: baked goods, frozen foods, fried foods, snack foods, traditional stick margarine and vegetable shortenings

### Trans fat terrors

- Stick margarine has 2.8 grams of trans fat per tablespoon.
- Frozen mini pizza has 4 grams of trans fat per slice.
- Home-style butter rolls have 3 grams of trans fat per roll.
- Crackers are a sneaky place to hide trans fat. Some crackers can contain 2 to 3 grams per serving.

