

# The SKINNY on FATS

## The Fats That Fit a Healthy Diet

**Y**es, some fats can fit into a healthy diet. Our bodies actually require them. The USDA Dietary Guidelines recommend 20 to 35 percent of calories come from fats, predominantly unsaturated ones. They deliver certain vitamins, provide essential fatty acids and are a source of fuel.

But it's easy to get confused about the different kinds of fats, where they come from and how much of them to eat. So here are some fat facts to keep things straight.

### The Bad:

Saturated fats are found in animal products like meat, poultry skin, eggs and high fat dairy products. Saturated fats are also found in high quantities in vegetable oils that stay solid at room temperature, such as coconut and palm oil. The American Heart Association recommends that only about 7 percent of calories should come from saturated fats.

Trans fats come in two forms. Natural trans fats are found in small amounts in dairy and meat. Artificial trans fats are made when liquid oils are hardened into solid form, called "partially hydrogenated" fats. These are in baked goods, packaged snack foods, some margarines, icings and crackers. Even small amounts of artificial trans fats can increase bad cholesterol and put you at risk for heart disease. The Dietary Guidelines recommend keeping trans fat consumption as low as possible.

Baked Chicken Pecan



### The Good:

Good fats are unsaturated. These include polyunsaturated and monounsaturated fats. When eaten in moderation, they can help reduce the risk of heart disease.

#### Polyunsaturated fats

- are found in most vegetable oils
- include a plant-based, heart-healthy omega-3 found in flax, pecans and canola oil
- include an omega-6 that is important for the skin, found in canola oil, pecans and poultry

#### Monounsaturated fats

- may help protect the heart by lowering bad cholesterol when used in place of saturated fats

### Baked Chicken Pecan

Makes 4 servings

- 4 chicken breasts**
- 1/2 cup Nuttin' Better Sauce**
- 4 tablespoons coarsely chopped pecans**

Preheat oven to 350°F.

- Spread approximately 2 tablespoons sauce on top of each chicken breast. Place on foil lined baking sheet.
- Bake for 25 to 30 minutes or until chicken is done and juices run clear.
- Garnish each chicken breast with 1 tablespoon chopped pecans. Serve immediately.

- are typically a good source of the antioxidant vitamin E

- are found abundantly in olives, avocados, canola oil and pecans