

Not all fats are created equal.

The **types** of fats consumed are more important than the **total amount** of fat.

LOWER YOUR RISK OF CHRONIC DISEASE WITH UNSATURATED FATS:

Omega-3



Monounsaturated



Omega-6

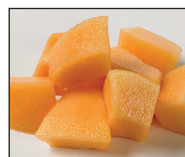


Unsaturated fats are generally found in seafood.

Unsaturated fats have been shown to have health-promoting properties.

WAYS TO CONTROL YOUR FAT:

- Enjoy more fruits and vegetables
- Enjoy bean based meals
- Enjoy seeds and nuts in moderation
- Cook with canola oil and olive oil
- Enjoy seafood several times a week
- Select low-fat dairy
- Choose lean meat
- Prepare meals at home with heart healthy fats
- Read the Nutrition Facts Label
- Limit processed foods
- Control portion sizes
- Season food with low-sodium spices



You can find out how much saturated and trans fat are in a food by looking at the food label.

Know your FATS, Check the FACTS.

- Limit **saturated fat** to less than 20 grams a day, based on a 2000 calorie diet.
- Avoid **trans fat**.

Check the serving size too—if you eat double the serving size, you have to double the amount you see on the label.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	



Control YOUR portions of foods high in **Saturated** and **Trans Fats** because these can increase YOUR risk of chronic disease.

Saturated fats are in fatty cuts of meat, processed meat like pepperoni and bacon, and full-fat dairy.

Trans fats are found in fried foods like doughnuts, baked goods, and stick margarines. If a food has saturated fat or trans fat, the amount will be on the Nutrition Facts Label. Trans fats are listed as "hydrogenated" or "partially hydrogenated" oils in the ingredients list.



INGREDIENTS: WHEAT BRAN, ROLLED OATS, SUGAR, RAISINS, CORN, DATES, BARLEY FLAKES, PECANS, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, GLYCERIN, BARLEY MALT EXTRACT, SALT, HONEY, RICE, MOLASSES, NONFAT MILK, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, **VITAMINS AND MINERALS:** SODIUM ASCORBATE AND ASCORBIC ACID, FERRIC ORTHOPHOSPHATE, NIACINAMIDE, ZINC OXIDE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE, FOLIC ACID, VITAMIN D, VITAMIN B12.

This Tuna Salad flips the mayonnaise for heart healthy olive oil and beans. Try it in a whole wheat pita or rolled in a whole wheat tortilla. Top with slices of cucumber and tomatoes!

Tuna Dip

Serves 4
Serving Size: 5 ounces

NUTRITION FACTS

Calories 260
Total Fat 8g
Saturated Fat 1g
Trans Fat 0g
Sodium 320mg
Dietary Fiber 7g
Sugars 3g
Protein 20g

Ingredients

- 1 lemon
- 2 green onions
- 1 (6-oz.) can low-sodium tuna in water
- 1 (15-oz.) can white beans
- 2 tablespoons olive oil
- 1/4 teaspoon ground black pepper

Directions

1. Cut lemon in half and squeeze juice into a small bowl. Discard seeds and reserve juice.
2. Rinse and chop green onions.
3. Drain the tuna.
4. Drain and rinse the beans, in a colander.
5. Place beans in a medium bowl and mash lightly with a fork.
6. Add 2 tablespoons of the reserved lemon juice, green onions, tuna, oil, and pepper to the mashed beans.



Make YOUR Own Dressing

Mix equal amounts of acid and oil, and add seasoning.



Acid

- Lemon juice
- Balsamic vinegar
- Rice vinegar
- White wine vinegar
- Red wine vinegar
- Cider vinegar
- Sherry vinegar

Oil



- Vegetable oil
- Olive oil
- Canola oil

Seasoning



- Herbs
- Spices
- Dijon mustard
- Parmesan cheese
- Shallots
- Garlic

For a smoky, hot substitution to deli meat, try this easy Chipotle Bean Spread. It's similar to a hummus but uses white beans instead of chickpeas.

Chipotle Bean Dip

Serves 6

NUTRITION FACTS

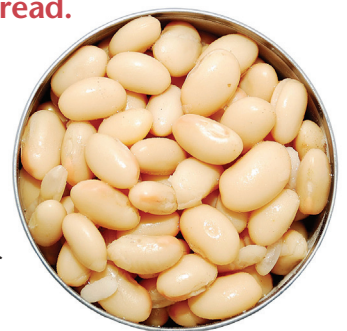
Calories 123
Total Fat 2g
Carbohydrate 19g
Fiber 6g
Sodium 299mg
Protein 7g

Ingredients

- 1 tablespoon of olive oil
- 1 teaspoon of garlic powder
- 1 can of drained and rinsed cannellini beans
- 1 tablespoon of chipotle peppers in adobo sauce (Freeze any leftover sauce.)

Directions

1. Put beans in a bowl and mash.
2. Add remaining ingredients. For a more intense flavor, add more chipotle peppers.
3. Great as a vegetable dip, or spread in a whole wheat wrap with lettuce or shredded carrots.



REFLECT AND CELEBRATE

How did you do with your Week 4 Step?

Take Control SMART GOAL (the goal you set Week 1)

Choose one or develop one of your own: By the end of the program...

I will increase my fruit and vegetable intake to _____ times for _____ days a week.

I will be active for _____ minutes for _____ days a week.

I will increase the cups of water I drink to _____ cups/day.

I will: _____

What is my motivation? Why will I do this?



PLAN AND TAKE ACTION

My SMART Step for Week 5 to work towards my goal:

What are some obstacles to achieving my Week 5 step?

What are some solutions to overcoming the obstacles?

Who can support me?

What did I learn today?

TRACK

Check off days that I achieved my Week 5 step:

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday