

# Choose fats wisely

**Diabetes increases your chances of having a heart attack or stroke. You can protect your heart and blood vessels by choosing fats wisely.**

Animal-based fats, such as butter and lard, can raise your cholesterol and your chances of heart disease. Plant-based fats, such as avocados and olive and canola oils, protect your heart by lowering triglycerides — a bad fat — in your blood.

All fats are high in calories. If you're trying to lose weight, watch which fats and how much fat you eat. Read the nutrition label on food packages for the types and amounts of fat in foods.

And follow these 3 steps to protect your heart and lower your risk for heart disease and stroke.



## Step 1: Eat a healthy amount of fat

Fat is a necessary part of our diet. But too much fat can have negative effects on our health. If you have diabetes, limit how much fat you eat each day.

- ✓ Saturated fat (whole milk products and fatty meats) to **1 serving per day (5g)**
- ✓ Trans fat (some snacks, cookies, pies and other foods) to **0 servings per day**

Typically, 20-35% of your daily calories can come from fat.



## Step 2: Choose fats that help lower cholesterol

Look for foods that contain the 3 types of fats that protect your heart by lowering LDL cholesterol.

Sources of omega-3 fats	Sources of mono-unsaturated fat	Sources of poly-unsaturated fat
Albacore tuna	Avocado	Corn oil
Herring	Canola oil	Sunflower oil
Mackerel	Olive oil and olives	Mayonnaise
Rainbow trout	Nuts like almonds	Salad dressings
Salmon	cashews, pecans,	Flaxseeds
Sardines	peanuts	Pumpkin and
Canola oil	Sesame seeds	sunflower seeds
Soybean oil	Peanut butter and	Tahini
Walnuts	peanut oil	Walnuts
		Some margarines (no <u>trans</u> fat)



### Step 3: Cut back on animal-based fats and processed foods

Animal-based (or saturated) fat and trans fat (found in processed foods) can raise cholesterol and can cause blood vessels to clog. When blood to your heart is blocked, it can lead to a heart attack. If the blood to your brain gets blocked, you can have a stroke.

Foods with saturated fat	Foods with trans fat
Bacon and bacon grease Butter Chitterlings Chocolate Coconut milk/oil Cream cheese/sauce Fatback and salt pork Gravy made with meat drippings High-fat dairy products, such as cheese, cream, ice cream, whole milk, 2% milk, sour cream High-fat meats like beef, bologna, hot dogs, sausage, spare ribs Poultry skin Lard and shortening Palm/palm kernel oil	Foods with hydrogenated oil Foods with partially hydrogenated oil Shortening Some stick margarines Some fast foods, such as french fries Some snack foods Some store-bought desserts, such as cookies, pies, donuts