



## Get the Skinny on Fats and Oils!

Did you know that most Americans do not consume enough oils and consume too many solid fats? Research shows that different fats affect health differently.

Oils, such as canola, olive and corn oils, contribute essential fatty acids and vitamin E to our diets, nutrients we need to maintain our health.

Nuts, seeds and fish such as salmon are also sources of healthy oils. Solid fats have a high proportion of saturated fatty acids which are associated with a higher risk for heart disease.



Nutrition experts recommend replacing solid fats with oils rather than adding oil to our diets.

### Try these ways consume more oil and less solid fat:

- Use oil in place of solid fats such as butter, shortening or lard when cooking.
- Choose oil-based salad dressing, mayonnaise and soft (tub or squeeze) margarine in place of solid fats.
- Eat seafood and nuts in place of some meat and poultry.

Source: *U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8<sup>th</sup> Edition. December 2015.*

### Orange Dressing with Fruit and Greens

*A crisp salad with sweet homemade dressing!*



- 1/4 cup orange juice
- 2 tablespoons vinegar
- 1 1/2 tablespoons white sugar
- 2 tablespoons oil (canola, oil, or vegetable)
- 8 cups greens (romaine, lettuce, or spinach)
- 2 cups vegetables, chopped (broccoli, cabbage, carrots, cauliflower, celery, peppers, onions, or tomato)
- 2 cups fruit, chopped (apples, berries, grapes, or oranges)

1. Combine dressing ingredients in a container with a screw top. Close tightly and shake until combined. Store in the refrigerator until ready to use (up to 1 week).
2. For each salad, top 2 cups of greens with 1/2 cup vegetables and 1/2 cup fruit. Take dressing from the refrigerator and shake hard to combine ingredients again. Drizzle 2 tablespoons of dressing onto each salad.

Source: *Iowa State University Extension*

## Shopping for Oils

Oils can be part of a healthy eating pattern. They provide essential fatty acids and vitamin E. Since they are a high source of calories it is recommended that oils should replace solid fats in a diet.

When deciding what kind of oil you are going to buy, consider what it will be used for and how much it costs.

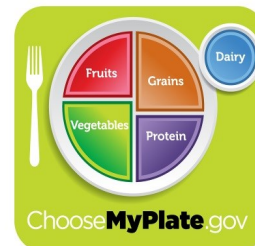
Type of Oil	Uses	Unit Price (per fl oz.)
Canola	Baking, frying, marinating, sautéing	\$0.07—\$0.09
Olive	Grilling, roasting, sautéing, spreads for breads	\$0.45—\$0.47
Vegetable	Baking, frying marinating, sautéing	\$0.06—\$0.09
Peanut	Stir-frying, roasting, deep frying, baking	\$0.15—\$0.21
Sesame	Stir-frying (light), dressings/sauces (dark)	\$0.70—\$0.62

The amount of oil you use may help determine which oil you use. For example, you may use a higher cost oil when sautéing and choose a less expensive oil when baking.

Source: *Dietary Guidelines for Americans and Iowa State Extension*

## MyPlate Tip





Use the Nutrition Facts label to limit foods high in saturated fat.



## Energy In = Energy Out

How many minutes would a 150# person walk to use the energy from the following foods?



 Donut	60 minutes
 Fat-Free Milk	25 minutes
 Whole Milk	40 minutes
 Cheeseburger	95 minutes

Eating, like other aspects of life, is a balancing act. All foods should be enjoyed yet some foods have more calories than expected. When calories are not used up the body often stores those calories for later (aka – weight gain!). **Remember, foods higher in fat have more calories per gram than other foods.**

## Vegetable Pasta Soup

*A warm, hearty winter favorite!*



- 1 tablespoon oil (canola or vegetable)
- 4 cups vegetables (like onions, carrots, and zucchini)
- 1 can (14.5 ounces) diced tomatoes with green chilies
- 1 can (14.5 ounces) low sodium vegetable or chicken broth
- 2 cups water
- 1/4 teaspoon salt
- 1 tablespoon Italian seasoning or dried basil
- 2 cups small whole wheat pasta (shell or macaroni)
- 6 cups fresh spinach leaves (about 1/2 pound)

1. Heat the oil in a large saucepan over medium heat until hot. Add onions and carrots. Cook until the vegetables are softened (about 3 minutes). Stir often.
2. Stir in zucchini and canned tomatoes. Cook 3-4 minutes. Stir in the broth, water, salt, and Italian seasoning or dried basil. Bring to a boil.
3. Stir in the pasta and spinach. Return to a boil. Cook until the pasta is tender using the time on the package for a guide.

Source: *Iowa State University Extension*

## Cutting Back on Saturated Fats

To reduce your risk for heart disease, cut back on saturated fat and *trans* fat by replacing some foods high in saturated fat with foods that contain unsaturated fat or oils.

### Saturated Fat

The main sources of saturated fats in the U.S. diet include mixed dishes containing cheese, meat, or both, such as burgers, sandwiches, and tacos; pizza; rice, pasta, and grain dishes; and meat, poultry, and seafood dishes. Leaner animal products, such as chicken breast or pork loin, often have less saturated fat.

### Trans Fat

*Trans* fat is naturally found in small amounts in some animal products such as meat, whole milk, and milk products. *Trans* fat can often be found in many cakes, cookies, crackers, icings, margarines, and microwave popcorn.

### Choose foods higher in unsaturated fat and lower in saturated fat as part of your healthy eating style.

- Use oil-based dressings and spreads on foods instead of butter, stick margarine, or cream cheese.
- Drink fat-free (skim) or low-fat (1%) milk instead of reduced-fat (2%) or whole milk.
- Buy lean cuts of meat instead of fatty meats or choose these foods less often.
- Add low-fat cheese to homemade pizza, pasta, and mixed dishes.
- In recipes, use low-fat plain yogurt instead of cream or sour cream.



Source: *ChooseMyPlate.gov*



### Dear Sue Keeney...

Meet Sue Keeney--your source of research-based information about nutrition and health! Readers of all ages like Sue's practical tips on eating for good health, stretching the food dollar & more!

Submit your question to Sue Keeney at [fyi.uwex.edu/foodsense/ask-sue-keeney/](http://fyi.uwex.edu/foodsense/ask-sue-keeney/)

Dear Sue,

I've noticed more coconut oil on the grocery store shelves, and my friends tell me it is better for me than a lot of other oils. Is this true?

Signed, Bess Toil

Dear Bess,

There have been a variety of health claims focused on coconut oil lately for everything from Alzheimer's disease to weight loss. The truth is that there isn't enough evidence to support them.

Coconut oil is high in saturated fat, even higher than butter and lard. This explains why it's solid at room temperature. Coconut oil is unusual in that it's a saturated fat made up of a higher percentage of medium-chain fatty acids. It can raise both "good" and "bad" cholesterol levels.

When it comes to fats, most of what you eat should be monounsaturated and polyunsaturated. These raise "good" cholesterol while lowering the "bad." Saturated fats, including coconut oil, should be limited to lower your risk of heart disease. Keep in mind that a healthy diet does include a variety of foods, so coconut oil can be included in moderation.

Sue

Sources: *HealthySD.gov* and *Dietary Guidelines for Americans*

## Food for Thought...

## Healthier Food Retail Environments

When restaurants, grocery stores, convenience stores, mobile markets, and farmers' markets increase availability, visibility, and affordability of healthy foods and beverages, they make healthy choices the easy choice. Healthy food retail can lead to better eating habits and decreased risk for obesity and diet-related diseases.



Healthier foods include fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood, as well as foods with less sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains. Healthier beverages include fat-free or low-fat milk and milk products, fortified soy beverages and other lactose-free products, 100% juice, and water.

Not only does access to healthy food contribute to a healthy lifestyle, but it also can support a healthy economy and create a thriving community.

### Here's some ways to promote healthy food retail in your community:

- Talk to your local restaurants and stores about offering fresh and healthy options, including fruits and vegetables.
- Let your local officials know you support policies that make healthy food accessible and affordable.
- Support your area farmers' market or Community Supported Agriculture (CSA) farm.
- Join a coalition promoting healthy choices in your community.

Source: *National Center for Chronic Disease Prevention and Health Promotion*

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FoodWise education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call or go to <http://access.wisconsin.gov>.

To learn more about FoodWise in your county, please contact:

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## Healthy Food Retail = Healthy Communities

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Source: *National Center for Chronic Disease  
Prevention and Health Promotion*



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