

## Fats and Oils

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We have all heard, reduce the fat in your diet to help reduce your risk of heart disease. Though understanding the different fats found in foods can be difficult. Fats are an essential nutrient. Fats provide energy and help our gut absorb vitamins from foods.

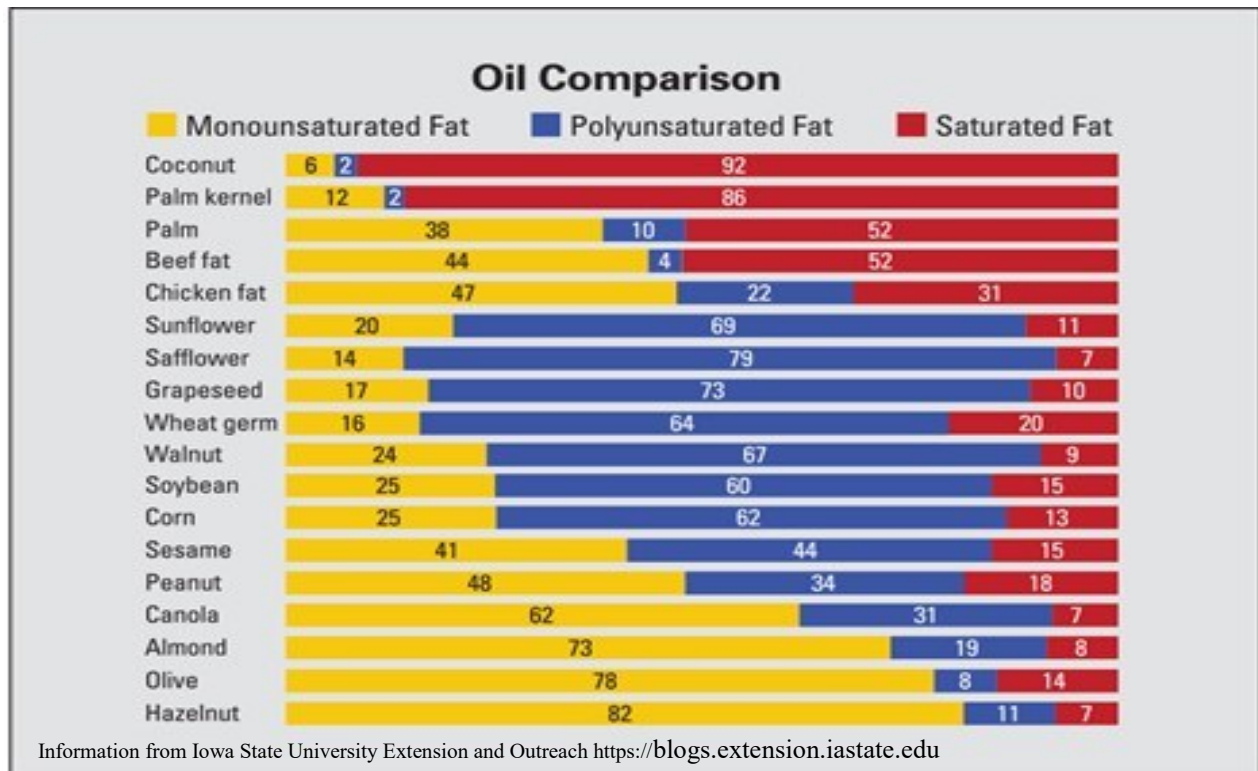
### Consider the following when making food choices:

- Cut back on foods like desserts and baked goods.
- Choose low-fat milk products rather than whole milk.
- Use low-fat yogurt instead of cream or sour cream.
- Build meals around protein foods that are naturally low in saturated fat such as beans, peas, and lentils.
- Switch butter and cream cheese on your toast to a nut butter or spread an avocado.
- Order baked or steamed options rather than fried foods. A dash of hot sauce or salsa adds flavor without adding fat.

**Saturated Fats** are solid at room temperature; such as beef fat, butter, sour cream and cheese.

**Trans Fats** are processed by adding hydrogen to liquid vegetable oils. Most often found in fried and baked foods.

**Unsaturated Fats** help improve blood cholesterol when used in place of saturated and trans fats.



For more information: <https://www.LLM.unl.edu> or <https://www.food.unl.edu>