



## How Dietary Fat Affects Lipid Levels

<u>Types of Fatty Acids</u>	<u>Effects on Blood Lipids</u>
<b>Saturated</b>	↑ Total cholesterol, ↑ LDL cholesterol
<b>Monounsaturated</b>	↓ Total cholesterol, ↓ LDL cholesterol, ↑ HDL
<b>Polyunsaturated</b>	↓ Total cholesterol, ↓ LDL cholesterol, ↓ HDL
<b>Trans Fat</b>	↑ Total cholesterol, ↑ LDL cholesterol, ↓ HDL
<b>Omega 3</b>	↓ Total cholesterol, ↓ Triglycerides

### Saturated Fats:

- **Examples:** animal products such as meat, butter, eggs, cream, whole milk, cheese. Palm and coconut oils also contain saturated fat

### Monounsaturated Fats:

- **Examples:** olive oil, canola, flaxseed, and nut oils

### Polyunsaturated Fats:

- **Examples:** corn, soybean, sunflower, sesame,

### Trans Fat: (also labeled as hydrogenated oils)

- They act like saturated fats raising LDL blood cholesterol levels and lowering HDL
- **Examples:** shortening, margarine, packaged cookies, crackers, fast food etc...

### Omega 3 Fatty Acids:

- They help reduce blood clotting and hardening of the arteries
- **Examples:** cold water fish such as salmon and mackerel, flaxseeds, walnuts

**Blood Cholesterol:** produced in the liver, helps the body digest and absorb fat. The body produces the necessary amount of cholesterol. Additional cholesterol from food can increase risk of heart disease.

**Dietary Cholesterol:** found only in foods of animal origin, never from plant sources

**LDL Cholesterol:** referred to as bad cholesterol. LDL is carried by low-density lipoproteins and may form deposits on artery and other blood vessel walls.

**HDL Cholesterol:** referred to as good cholesterol. HDL carries cholesterol and other blood lipids away from cells to the liver to be broken down and excreted.

**Triglycerides:** common form of fat found in both the body and food. Most body fat is stored in the form of triglycerides. They also cause the liver to produce more LDL.

# How much exercise would I have to do to.....

Lunch portion Fettuccine Alfredo at Olive Garden



850 Calories



234 minutes of walking or  
97 minutes of jogging

Big Mac at McDonald's

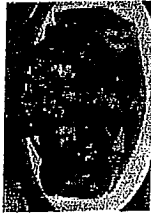


540 Calories



149 minutes of walking or  
61 minutes of jogging

Sweet and Sour Pork



1100 Calories



303 minutes of walking or  
125 minutes of jogging

Snickers Bar (regular size)



280 Calories



77 minutes of walking or  
32 minutes of jogging

Caesar Salad (w/ dressing and croutons)

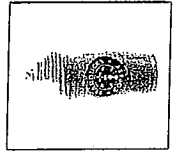


530 Calories



146 minutes of walking or  
60 minutes of jogging

Vanilla Frappuccino at Starbucks



200 Calories



55 minutes of walking or  
23 minutes of jogging