

Making Healthy Choices

HOW MUCH FAT IS GOOD?

THE FACTS

- We need no more than 30% of calorie intake as fat and no more than 10% from saturated fat.
- A higher fat diet is strongly associated with obesity, heart disease and cancer.
- Keep in mind eating some fats are an essential.
- How much? Each gram of fat has 9 calories – so on an 1800 calories diet that would mean that you could have up to 60 grams of fat daily.

THE CULPRITS

- Studies show that when fat intake is too high in Canadians diets, it is likely because of frequently having nutrient-poor, energy-rich choices like:
 - Baked goods
 - Deep fried foods
 - Potato Chips
 - Chocolate bars
 - Adding extra margarine and mayonnaise.

THE SUGGESTIONS

- ✓ Limit your intake of deep fried foods
- ✓ Limit the high fat snack foods (chips and chocolate bars)
- ✓ Include some healthy fats by choosing peanut butter, small servings of nuts and seeds and fatty types of fish

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