

Fats in Food

Healthy unsaturated fats can reduce your risk of heart disease, they taste good and keep you feeling full longer. Saturated fats can increase the cholesterol in your blood.

Include Healthy Unsaturated Fats

Source	Examples	Servings per day
Whole Foods	Nuts, seeds Nut or seed butters Avocado	¼ cup 2 Tbsp ¼ to ½
Oils (liquid)	Olive oil Avocado, canola, corn, grape seed, peanut, sunflower, safflower, sesame, soybean oil	2 to 3 Tbsp
Omega 3 Fish	Salmon, mackerel, sardines, trout, herring, tuna, oysters, mussels	¼ of your plate twice a week
Plant	Ground flaxseed, walnuts, chia seeds, hemp seeds	2 to 3 Tbsp

Tbsp = Tablespoon

Limit Saturated Fats

Replace saturated fats with healthy unsaturated fats more often.

Source	Examples
Processed Foods	Pre-packaged snack foods, commercial baked goods, fast food, deep fried foods
Fats (solid)	Lard, shortening, hard margarine, bacon fat, high fat red meats (beef/pork/lamb), poultry skin, coconut oil, palm oil, butter, high fat dairy

Note: Dietary cholesterol is found in all animal foods and has little effect on blood cholesterol levels for most people. Lower your risk of heart disease by following a heart healthy lifestyle. When you focus on plant-based and unprocessed foods (see *Heart Healthy Eating Guidelines*), eating some foods that contain cholesterol (including egg yolks) is not a problem for most people.

Tips

- Use olive oil in salad dressings, on pasta, in baking, or to roast vegetables.
- Add sliced avocado to sandwiches or salads or in a smoothie.
- Mash avocado with lime juice to use as a dip with vegetables.
- Add sunflower and pumpkin seeds to salads, on top of oatmeal or to muffins.
- Have a handful of nuts when you are on the go and need a snack.
- Spread natural peanut butter or almond butter on your toast instead of butter.
- Add ground flax or chia seeds to oatmeal or yogurt.
- Have salmon or tuna sandwich more often to avoid deli meats.

Recipes

Guacamole

1 large avocado (2 small avocados)
1 Tablespoons lime juice
1 Tablespoon finely chopped onion or chives or green onion
Pinch of salt and pepper

1. Mash avocado and onion together with lime juice.
2. Sprinkle with pinch of salt and pepper to taste.

Variations: add chopped tomato, cilantro or pinch of chili powder or adjust ingredient portions

Salad Dressing

¼ cup olive oil
2 Tablespoons balsamic vinegar (or lemon juice or apple cider vinegar)
1 clove garlic, crushed or finely chopped
1-2 teaspoons Dijon mustard

1. Whisk all ingredients together in small bowl or jar.
2. Pour small amounts on salad, toss to mix, enjoy.

Zesty Lime Salmon Patties

2 cans salmon (213g)
1 large egg
¼ cup fresh cilantro or basil chopped (can use ½ tsp ground coriander)
1 green onion thinly sliced
¼ cup bread crumbs or crushed crackers or mashed chickpeas
1 lime, zest and juice
oil as needed for frying or leave out if using non-stick pan

1. Drain salmon. Leave in bones and remove skin.
2. Whisk together egg, cilantro, and green onion in medium bowl.
3. Add salmon and bread crumbs.
4. Finely grate 1 teaspoon lime zest, squeeze 2 Tablespoons lime juice. Add to egg mixture.
5. Using a fork, break up salmon and stir everything together until evenly mixed.
6. Form into 4 large patties or make bite sized as desired.
7. Fry in frying pan 3 to 4 minutes a side until golden crust forms or bake at 375°F for 10 minutes.