



# HEALTHY HABITS PROGRAM

## JULY'S GOAL

# EAT MORE HEALTHY FATS!

YES, MORE FATS. HERE'S WHY AND HOW.

### TRACKING SHEET

Sunday \_\_\_\_\_

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

Notes: \_\_\_\_\_

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### HELPFUL TIPS

■ For July's Healthy Habits goal, we're challenging you to embrace the good-for-you fats.

■ Why eat fats? Our bodies need fat to function properly—fat is an essential nutrient. Healthy monounsaturated and polyunsaturated fats (found in vegetable oils, fish, nuts and nut butters, seeds, and avocados) help our bodies absorb vitamins and minerals from foods, lower LDL and total cholesterol, and keep us feeling full and satisfied.

■ Eat more fish. Salmon is an excellent source of omega-3 fatty acids, a type of unsaturated fat that helps protect against cardiovascular disease. Other fish, such as striped bass, rainbow trout, and barramundi, are also great sources—all of these have more than double the recommended daily amount of omega-3s.

■ Know a good fat when you see it. If a fat is liquid at room temperature, such as olive and canola oils, it's likely a good fat. If the fat is solid at room temperature (butter, lard, or shortening), it's higher in saturated or may contain trans fats.

■ Make a simple switch. Mayo varieties made with heart-healthy olive and canola oils are now widely available, helping you increase your unsaturated fat intake without sacrificing any creamy flavor.

■ Olives, nuts, and edamame are packed with good-for-you fats—they make great snacks or ingredients in recipes. Sliced avocado adds amazing richness (and heart-healthy fats) to salads. Although fish is the best source of omega-3s, walnuts and flaxseeds have some of the essential fatty acids, too.