



The Skinny on Saturated and Trans Fats



Saturated fat

Eating a diet low in saturated fat can help lower your cholesterol. Keeping saturated fat to 7 to 10% of total calories is desired. Consultation with a dietitian is important.

Common sources of saturated fat: beef, lamb, pork,* poultry with the skin, beef fat, lard, cream, butter, cheese, whole or reduced-fat dairy products

**leanest cut is the loin.*

Saturated fat shockers

- Clam chowder, like many cream-based soups, has 20 grams of saturated fat.
- Pizza — Meat toppings can add up to 10 grams per slice.
- Cheese Danishes are made with milk, butter and eggs and each danish packs a 16-gram punch.
- Chicken nuggets — A single nugget has ½ to 1 gram of fat, and that's without the fries!



Trans fat

Trans fats are sometimes disguised as “partially hydrogenated oils” on the ingredients list, even if the label claims the product has 0 grams of trans fat. Keeping your diet trans fat free is best.

Common sources of trans fat: baked goods, frozen foods, fried foods, snack foods, traditional stick margarine and vegetable shortenings

Trans fat terrors

- Stick margarine has 2.8 grams of trans fat per tablespoon.
- Frozen mini pizza has 4 grams of trans fat per slice.
- Home-style butter rolls have 3 grams of trans fat per roll.
- Crackers are a sneaky place to hide trans fat. Some crackers can contain 2 to 3 grams per serving.

