



## Fats: Out with the Bad, In with the Good

February is American Heart Month. When thinking about a healthy heart, it's hard not to think about fat. Many people are confused about whether or not we should be eating fats and if they are heart healthy.

**Polyunsaturated Fat:** Polyunsaturated fat is a type of unsaturated fat that includes omega 3 fatty acids that raise your good cholesterol and are extremely healthy for your heart. Omega 3 fatty acids are found in fatty fish, such as salmon and mackerel. Walnuts contain a plant source of these fats. Aim to eat fatty fish two times per week in addition to plant sources to get a healthy dose of fat.

**Monounsaturated Fat:** Monounsaturated fat is another type of unsaturated fat that helps to lower your bad cholesterol and protect against heart disease. Monounsaturated fat is found in olive and canola oil, nuts and avocado. Dress your salad and roast your vegetables in olive oil to increase healthy fat consumption as well as nutrient absorption. Snack on nuts and smear avocado instead of butter on your next sandwich.

## Bad Fat and Worst Fat

**Saturated Fat:** Saturated fat comes from animal sources and is also found in butter, lard, and shortening. It raises your bad cholesterol, thus increasing your risk for heart disease and type 2 diabetes. Choose lean sources of protein, such as fish, chicken and turkey without the skin, sirloin, tenderloin or flank steak.

**Trans Fat:** Trans fat occurs naturally in some animal products. However, most trans fat is made during the partial hydrogenation of unsaturated fat. Avoid foods that contain hydrogenated oils. Many foods may contain a trans fat free label, but these products may contain very small levels of trans fats. Therefore, if you eat more than one serving, you will likely be consuming trans fats. Limit your intake of processed foods to avoid consumption of trans fat.

**Be part of a Nutrition Counseling research study!** Is your weight more than expected for your height and age? Are you between 9-17 years of age? Do you want to lose weight and learn how to eat healthier? Contact Vanessa Wissing at 718-920-7394 or [vwissing@montefiore.org](mailto:vwissing@montefiore.org)

## Ask Endo-Nutrition

Send your questions to [alkaplan@montefiore.org](mailto:alkaplan@montefiore.org) and look out for answers in next months issue!



## Heart Healthy Salmon

### Ingredients:

- 4 (6 ounce) fillets of salmon
- 2 tablespoons olive oil
- 2 tablespoons capers
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 4 slices lemon

### Directions: (4 servings)

1. Preheat a large skillet over medium heat for 3 minutes.
2. Coat salmon with olive oil. Place in skillet and increase heat to high. Cook for 3 minutes. Sprinkle with capers, salt, and pepper. Turn salmon over, cook for 5 minutes or until browned. Salmon is done when it flakes easily with a fork.
3. Transfer to plates and garnish with lemon slices.

Adapted from [allrecipes.com](http://allrecipes.com)

### Our Nutritionists

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