

## FEBRUARY: OILS AND GOOD FATS

**Monounsaturated fats** are the “good fats” and include **olive oil, canola oil, avocados, cashews, almonds,** and most other **nuts and seeds**. **Monounsaturated fats** can have a beneficial effect on your health when eaten in moderation (they are high in calories so be mindful!), and when used to replace *saturated* fats or *trans* fats. A diet containing **good fats** can lower your risk of heart disease and stroke while providing nutrients to help develop and maintain your body’s cells.<sup>1</sup>

**CHECK OUT SOME VARIETIES OF OILS AND GOOD FATS DESCRIBED BELOW!**

### Best Sources of Fat: Choose These Monounsaturated Fats!

Types of Fat	Sources
<p><b>Monounsaturated fat</b> May lower “bad” (LDL) cholesterol levels and preserve “good” (HDL) cholesterol levels. Can help develop and maintain your body’s cells.<sup>1</sup></p>	<p>Olives, olive oil, canola oil, avocados, cashews, almonds, and most other nuts and seeds. Peanut butter.</p>

### Good Sources of Fat: Choose These Polyunsaturated Fats!

Types of Fat	Sources
<p><b>Polyunsaturated fat</b> Like monounsaturated fats, these may lower “bad” (LDL) cholesterol. Can help develop and maintain your body’s cells.<sup>2</sup></p>	<p>Corn, safflower, sunflower, and sesame oils; soybeans, and some nuts and seeds. Salmon, mackerel.</p>

### Bad Sources of Fat: Avoid These!

Types of Fat	Sources
<p><b>Saturated fat</b> Linked to high levels of “bad” (LDL) cholesterol in blood and increased risk of heart disease.<sup>3</sup></p>	<p>Fatty cuts of red meat, poultry, full fat cheese, coconut oil, palm oil, and butter.</p>
<p><b>Trans fat</b> Raises “bad” (LDL) cholesterol and lowers “good” (HDL) cholesterol. Linked to increased risk of heart disease, and type 2 diabetes.<sup>4</sup></p>	<p>Processed foods with “partially hydrogenated oils”; most margarines; vegetable shortening; deep-fried chips; many fast foods; most commercially baked goods.</p>

<sup>1</sup>[http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Monounsaturated-Fats\\_UCM\\_301460\\_Article.jsp#.V7DnWJgrLic](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Monounsaturated-Fats_UCM_301460_Article.jsp#.V7DnWJgrLic);

<sup>2</sup>[http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Polyunsaturated-Fats\\_UCM\\_301461\\_Article.jsp#.V7DovJgrLic](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Polyunsaturated-Fats_UCM_301461_Article.jsp#.V7DovJgrLic);

<sup>3</sup>[http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Saturated-Fats\\_UCM\\_301110\\_Article.jsp#.V7DrOZgrLic](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Saturated-Fats_UCM_301110_Article.jsp#.V7DrOZgrLic)

<sup>4</sup>[http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Trans-Fats\\_UCM\\_301120\\_Article.jsp#.V7Dre2grLic](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Trans-Fats_UCM_301120_Article.jsp#.V7Dre2grLic)

## Oils and Good Fats Tips

- Nuts, such as almonds, are high in healthy **monounsaturated fat**. Add a handful to your oatmeal or whole grain cereal, or keep a few in a plastic bag for a handy snack. Watch your portion size, however, because nuts have lots of calories!
- To retain a fresh green color, **avocados** should either be eaten immediately after cut, or should be sprinkled with/tossed in lemon or lime juice, or white vinegar.
- For a quick, easy side dish, sauté 3 Tbsp. garlic in 3 Tbsp. extra virgin **olive oil** for about 3 minutes. Add to cooked, whole grain pasta and toss.
- When preparing your favorite meals use naturally occurring, unhydrogenated vegetable oils such as **canola** or extra virgin **olive oil** most often.
- Try adding slices of **avocado** to your salads and whole wheat bread sandwiches.

## February is American Heart Month, a time for everyone (including kids!) to focus on the prevention of cardiovascular disease.

The **American Heart Association** recommends the following heart-healthy tips to keep your family's hearts healthy!

- ✓ Get the whole family active. Take walks, ride bikes, go swimming, garden, or just play hide-and-seek outside. Everyone will benefit from the exercise and the time together.
- ✓ Make a game of reading food labels to choose **good oils and fats** to help keep your **heart** and body healthy!
- ✓ Set specific goals and limits, such as one hour of physical activity a day and only two desserts per week (other than fruit – choose fruit as a dessert \*every\* day!!). When goals are not clear, or limits too restrictive, the chance for success decreases.

<http://www.heart.org>

## Oils and Good Fats Recipes!

### BEAN AND AVOCADO GAZPACHO

Makes 6 Servings

#### Ingredients

- 2 15 oz. cans pinto beans, drained and rinsed
- 4 cups low sodium tomato juice
- 4 Tbsp. lime juice
- 14.5 oz. canned stewed tomatoes
- 2 cups peeled, seeded, and chopped cucumber
- 1 cup thinly sliced celery
- 1 cup chopped onion
- 1 cup chopped green pepper
- 2 tsp. minced sautéed garlic (sauté garlic in little bit of **olive oil** for 2-3 minutes)
- ½ small **avocado**, peeled and chopped

Blend beans, tomato juice, and lime juice in blender or food processor; pour mixture into large bowl. Mix in remaining ingredients, except avocado. Refrigerate until chilled, about 4 hours. Gently mix avocado into mixture, then pour into bowls.

### GREEN BEANS, PEPPERS, AND ALMONDS IN OLIVE OIL SAUTÉ

Makes 4 Servings

#### Ingredients

- 1 pound green beans, trimmed (can be frozen, thawed)
- 1 Tbsp. extra virgin **olive oil**
- 1 red pepper, seeded and sliced into thin strips
- 4 tsp slivered **almonds**
- Salt and pepper, to taste

Bring a large pot of salted water to a boil. Add the beans and cook until they are crisp and tender, about 4 to 8 minutes. (Or, use steamer to cook beans – nutrients are better preserved when steaming!) Drain the beans and immediately plunge them into cold water to stop them from cooking further. In a large skillet, heat the olive oil over medium-high heat. Add the red peppers and almonds and cook, sautéing for 2 minutes (don't let the almonds burn!). Toss the beans into the skillet and cook until they are warmed through. Add salt and pepper to taste.