

Healthy Fats

Fat is often associated with negative eating patterns. However, believe it or not, it is an essential nutrient that we all need in our diets. The key is to find the right kind of fats our body needs and minimize the ones that our body does not really have use for. Not sure which ones to eat?

Here are some ideas of good fats and great places to find them:

Omega-3 Fatty Acids: These types of fatty acids can help lower cholesterol and keep your heart healthy.

Omega-3 Sources:

Walnuts these are also high in vitamin E

Flax seeds—try adding some ground flaxseed to your breakfast, yogurts, baked goods and casseroles

Fatty fish—some of the best sources are sardines, albacore tuna, salmon, mackerel, and lake trout

Monounsaturated Fats: These make your blood cholesterol levels better, which can then help reduce your chances of heart disease.

Monounsaturated fat sources:

Other Nuts—These are also high in protein and fiber. Keep in mind, however, that 1/3 cup of nuts is equal to 160 to 180 calories

Avocado—These are also high in folate, potassium, vitamins E, C and B6, and fiber

Peanut Butter—Half of the fat in peanut butter is monounsaturated fat

Even though these healthier fats are good for we still need to be mindful of how much we eat and stay within appropriate portion sizes.



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The Dangers of Excess Abdominal Fat

Having a little extra weight in your midsection may be visually undesirable. This area of the body is a great concern for many people. But beyond the factors of physical appearance, abdominal fat can be harmful to your health. Many studies have revealed that individuals who carry the majority of their weight in their midsection are at a higher risk for a number of chronic diseases such as heart disease, diabetes, hypertension, metabolic syndrome, and dementia. Waist circumferences greater than 35 inches in women and 40 inches in men have been observed to drastically increase the risk for these diseases. In order to keep your midsection in check, be sure to maintain a healthy balanced eating pattern, avoid unnecessary stress, develop and/or maintain health sleeping patterns, and exercise regularly.



Salmon Patties

Ingredients

- 1 can salmon (15 1/2 ounce, drained)
- 1 cup cereal or crackers (whole-grain, crushed)
- 2 egg (large, - lightly beaten)
- 1/2 cup milk (1%)
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

Directions

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. Heat oil in a skillet.
7. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Nutrition Information

Cost per serving: \$0.42

Serving Size: 1 Patty

Servings per container: 9

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	5 g	7%
Protein	12 g	24%
Carbohydrates	5 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	270 mg	11%

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate:

Meat & Beans: 1 1/2 ounces



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