

Are good fats on your grocery list?

Headline: Avocados, flaxseeds and fish – why you should put them in your grocery cart and in your diet.

Tips: Sources of Good Fats

- Raw, unsalted nuts: Almonds, walnuts, and peanuts
- Seafood: Salmon, tuna, mackerel, shrimp
- Oils: Canola, flaxseed, olive, corn, safflower, soybean and sunflower
- Avocado
- Olives
- Seeds: Sesame, pumpkin, and flaxseeds
- All natural peanut butter or almond butter

Simple Changes: Adding Good Fats to Your Diet

- Use olive oil as your salad dressing of choice
- Sprinkle your salad, yogurt or cereal with slivered almonds or flaxseeds
- Snack on trail mix made of your favorite nuts and seeds
- Prepare fish for dinner 2 times per week
- Spread all natural peanut butter on whole grain toast at breakfast

Inspiration:

“Prevention is better than cure.”

Article

You pull into the parking lot of the grocery store, grab a cart and make your way through the automatic doors. With your grocery list in hand, you begin to navigate the aisles of the store. Where does your grocery list take you? Does it take you the fish counter to pick up some salmon? Does it stop you on the way to the fish counter to grab a few avocados? Does it steer you down the natural food aisle to pick up some flaxseeds? If not, you may want to consider adding these foods to your grocery list and to your diet.

So, what do fish, avocados and flaxseed have in common and why should they be on your grocery list? If you guessed they are all a good source of good fats, you are right! You are aware that cutting back on the cholesterol and bad fats, saturated and trans fat, in your diet is good for your health, but did you know that *including* the good fats in your diet is also good for your health?

Good fats, also known as monounsaturated and polyunsaturated fats, occur naturally in foods from plant sources. These fats have been making headlines recently for the positive affects they can have on your health. Science shows that when you replace the bad fats in your diet with the good fats, you may be helping to lower your risk of heart disease. More specifically, these good fats may help to lower your bad cholesterol levels and lower your blood pressure. They may even help you to fight off infections by boosting your immune system. Who knew fat could be so good.

It's easy! Replacing the bad fats in your diet with good fats doesn't have to be difficult. Do you use mayonnaise on your noontime sandwich? Try replacing it with a slice of avocado. Do you head to the vending machine for a bag of chips as a mid-workday snack? Bring a small bag of whole, natural almonds to work instead. And, don't forget to read the food labels when you are at the grocery store. If the food contains the good fats, they will be listed under the total fat for the product. Don't be scared away from foods that have a high fat content if the majority of the fat comes from good fats. For example, natural peanut butter has about 16 grams of fat in 2 tablespoons, but most of this fat comes from the good fat, monounsaturated fat.

“Prevention is better than cure” and preventing heart disease means getting rid of the bad fats and adding in the good.

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Adding Good Fats to Your Diet

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