



EAT WELL, AGE WELL. HEALTHY FATS

WHAT KIND OF OILS ARE GOOD FOR MY HEALTH?

Today, there is a negative connotation with eating fats in your diet. However, there are some healthy fats that are good for us to eat in moderation. There are essential nutrients in fats, like Omega-3 which is found in fish, walnuts, all vegetable oils, eggs, and flaxseed. Omega-3 may lower cholesterol levels and support heart health. Monounsaturated fats also help lower cholesterol levels and can even decrease your risk for heart disease!

What kinds of oil are best for us to consume? Healthy oils consist of any kind of vegetable oil, canola oil, olive oil, corn oil, soybean oil, peanut oil, and sunflower oil. In general, choose oils that are less than 4 grams of saturated fat per tablespoon. Against popular opinion, tropical oils like coconut oil are high in saturated fat and not the healthiest option when it comes to oil. There are many myths out there that state coconut oil is good for the heart and will help you lose weight. However, they have nearly 12 grams of saturated fat per tablespoon! When it comes to choosing a healthy fat for your diet, there are many other options that are better for your health than coconut oil.

WEEKLY CHALLENGES

HAVE A HANDFUL OF WALNUTS TWICE THIS WEEK

TRY ADDING AVOCADOS TO A MEAL

TRY TO INCLUDE FISH IN YOUR DIET TWICE THIS WEEK

USE OLIVE OIL TO REPLACE BUTTER IN A RECIPE

**DID YOU KNOW?
COCONUT OIL IS
92% SATURATED
FAT!**

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, I ate fish twice this week, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Healthy Fats*
- Placemat/handout for *All About Avocados- Avocado & Shrimp Salad*
- Table Tent- *Avocados (4x6 or 5x7 sizes)*
- *Monthly Newsletter/News Paper ad in your local Senior (6 x 4 or 4 x 2 inch ads)*
- *Monthly Tracking Calendar- Healthy Fats*

Week 2: Give out/Post

- Placemat/handouts for *Coconut Oil- No bake choc. cherry oat bars*
- Table Tent- *Walnuts (4x6, 5x7 or 8 ½ x 11 sizes)*

Week 3: Give out/Post

- Placemat/handouts for *Oils- Zucchini Bread*
- Table Tent- *Pistachios (4x6 or 5x7 sizes)*

Week 4: Give out/Post

- Placemat/handout for *Outstanding Omega 3's- Stuffed Salmon*
- Table Tent- *Flax (4x6 or 5x7 sizes)*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org