

## EAT WELL, AGE WELL. HEALTHY FATS SERIES

### STILL CRAZY ABOUT COCONUT OIL?

WHILE COCONUT OIL HAS A HIGH SATURATED FAT CONTENT, HALF OF THAT SATURATED FAT HAS 12 CARBONS. WHICH MEANS, IT IS CALLED LAURIC ACID.

THE HIGH PERCENTAGE OF LAURIC ACID ALLOWS COCONUT OIL TO GIVE A BOOST TO OUR HDL LEVELS. A.K.A. OUR GOOD CHOLESTEROL!

MANY OF THE STUDIES ON COCONUT OIL ARE SHORT TERM, SO UNTIL THERE ARE MORE STUDIES DONE OVER LONGER PERIODS OF TIME WE CAN'T REALLY SAY MUCH ELSE ABOUT IT.

AS WITH MANY OTHER FOODS, COCONUT OIL IS FINE IN MODERATION.



Photo by Lindsay VanKampen

### No-Bake Chocolate Cherry Oat Bars

#### Ingredients:

- 2 cups rolled oats
- 1 ½ cups rice cereal
- ½ teaspoon salt (optional)
- ½ cup peanut butter
- 4 ounces chopped 60% cacao bittersweet chocolate, or ¾ cup chocolate chips
- ¼ cup coconut oil (cold pressed virgin)
- ¼ cup honey
- 1 cup (about 5 ounces) dried cherries

#### Directions

1. Line an 8 x 8-inch baking pan with parchment paper, leaving a bit of paper to hang over the sides.
2. Combine oats, rice cereal and salt in a large bowl.
3. Melt together peanut butter, chocolate chips, coconut oil and honey in a saucepan over medium heat, OR melt in a microwave for ~ 1minute, stirring frequently.
4. Pour wet mixture over oat mixture. Stir to combine. Stir in cherries.
5. Pour mixture into prepared pan. Press to evenly cover the bottom of the pan.
6. Chill for at least 3 hours. Cut and store in the refrigerator.

Adapted from: <http://www.eatright.org/resource/food/planning-and-prep/recipes/no-bake-chocolate-cherry-oat-bars-recipe#.WJOHk9nZbn4.email>

# EAT WELL, AGE WELL. HEALTHY FATS SERIES

## ALL ABOUT AVOCADOS

AMONG THE LATEST HEALTH TRENDS IS THE AVOCADO. IT IS PACKED WITH ABOUT 20 VITAMINS AND MINERALS.

WHILE COCONUT OIL IS 92% SATURATED FAT, AVOCADOS CONTAIN MOSTLY MONOUNSATURATED FATS. THESE FATS ARE IMPORTANT FOR IMPROVING CHOLESTEROL LEVELS!

ARE YOU READY TO GO OUT AND BUY SOME AVOCADOS? IF PURCHASING IN ADVANCE LOOK FOR FIRM AVOCADOS WITH A LIGHT GREEN SKIN. A READY TO EAT AVOCADO WILL BE DARKER IN COLOR AND WILL FEEL SLIGHTLY SOFT WITH GENTLE PRESSURE.

**RECIPE TIP:** TO DICE YOUR AVOCADO, SIMPLY SLICE IT IN HALF AND REMOVE THE PIT. NEXT, MAKE A CROSS HATCH PATTERN AND USE A SPOON TO SCOOP EVERYTHING OUT.



Photo by Lindsay VanKampen

## Avocado and Shrimp Salad

### Ingredients:

- 2 Tbsp. fat-free, plain Greek yogurt
- 2 tsp. canola oil
- 3 tsp. lime juice
- 1/8 tsp. salt
- 1/4 tsp. ground black pepper
- 1 small apple, cored and finely diced
- 1 ½ cups finely chopped celery &/or carrots
- ½ cup chopped cilantro (optional)
- ¼ cup chopped scallions
- 1 pound large cooked, peeled shrimp, tails removed and chopped
- 1 avocado (pitted, peeled, diced)
- Lettuce

### Directions

1. Combine the yogurt, oil, lime juice, salt and pepper in a large bowl.
2. Core the apple and finely dice it; finely chop the celery too. Chop the cilantro and scallions. Add to the bowl.
3. Remove and discard of the shrimp tails. Chop the shrimp and add it to the bowl.
4. Dice the avocado and add it to the bowl.
5. Gently mix together and serve!  
Serving on Bibb lettuce cups is optional.

Source: <https://recipes.heart.org/recipes/2009/avocado-and-shrimp-salad>

# EAT WELL, AGE WELL. HEALTHY FATS SERIES

## “I CAN’T BELIVE ITS OLIVE OIL”

WHEN COOKING, YOU CAN REPLACE SOLID FATS WITH OILS.

THERE ARE MANY OILS TO CHOOSE FROM: CANOLA OIL, CORN OIL, COTTONSEED OIL, OLIVE OIL, SAFFLOWER OIL, AND SUNFLOWER OIL ARE JUST A FEW.

FOR EXAMPLE, OLIVE OIL CAN BE USED TO REPLACE BUTTER AND MARGIRANE IN ANY RECIPE. SIMPLY FOLLOW THE CONVERSION CHART BELOW.

Butter/Margarine	Olive Oil
1 teaspoon	= 3/4 teaspoon
1 tablespoon	= 2 1/4 teaspoons
2 tablespoons	= 1 1/2 tablespoons
1/4 cup	= 3 tablespoons
1/3 cup	= 1/4 cup
1/2 cup	= 1/4 cup + 2 tablespoons
2/3 cup	= 1/2 cup
3/4 cup	= 1/2 cup + 1 tablespoon
1 cup	= 3/4 cup



Photo by Pam VanKampen

## Olive Oil Zucchini Bread

### Ingredients:

- 1 ½ cups grated zucchini
- 2/3 cup light brown sugar
- 1/3 cup olive oil
- 1/3 cup plain Greek yogurt or mashed banana
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 ½ cups flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1 ½ teaspoons ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 teaspoon finely grated lemon zest
- ½ cup chopped walnuts (optional)
- ½ cup raisins (optional)

### Directions

1. Heat oven to 350 degrees. Spray an 8-inch loaf pan.
2. In a large bowl, use a rubber spatula to mix together the grated zucchini, sugar, olive oil, yogurt or bananas, eggs and vanilla extract.
3. Whisk together the flour, salt, baking soda, baking powder, lemon zest and spices in a separate bowl. Fold the dry ingredients into the wet ingredients. Fold in the walnuts and raisins if using.
4. Pour the batter into the prepared loaf pan and bake for 40 to 55 minutes, rotating the pan halfway through baking. The bread will be done when a toothpick inserted into the middle comes out clean.
5. Cool on a wire rack for 10 minutes. Remove the bread from the pan and cool on a rack completely before cutting and serving.

Adapted from: <https://mobile.nytimes.com/recipes/1017522/olive-oil-zucchini-bread.html>

## EAT WELL, AGE WELL. HEALTHY FATS SERIES

### OUTSTANDING OMEGA 3'S

OMEGA 3'S CAN HELP TO LOWER YOUR CHOLESTEROL LEVELS. SOME RESEARCH ALSO SHOWS THAT OMEGA 3'S MAY PROTECT AGAINST ALZHEIMERS AND DEMENTIA.

EPA AND DHA ARE FOUND IN FISH. THESE FATTY ACIDS MAY ALSO HELP WITH STIFFNESS AND JOINT PAIN. BE SURE TO CONSUME FISH TWICE A WEEK.

THE OTHER OMEGA 3 IS CALLED ALPHA-LINOLENIC ACID- IT IS FOUND IN WALNUTS, GROUND FLAXSEED, FLAXSEED OIL, CANOLA OIL AND SOYBEEN OIL.

WHEN BUYING EGGS, CHECK THE PACKAGE. IF THE FEED GIVEN TO THE CHICKENS IS HIGH IN OMEGA 3'S THE EGGS WILL BE HIGH IN OMEGA 3'S AS WELL.



*Photo courtesy of Pixabay*

### Spinach Baked Salmon

#### Ingredients:

- 1 tsp. olive oil (extra virgin preferred)
- 2 oz. spinach
- 1 tsp. grated lemon zest
- ¼ cup chopped, roasted red bell peppers, rinsed and drained if bottled
- ¼ cup fresh basil (coarsely chopped)
- 2 Tbsp. chopped walnuts
- Cooking spray
- 4 salmon fillets (about 4 ounces each), rinsed, patted dry
- 2 Tbsp. Dijon mustard (lowest sodium available)
- 2 Tbsp. plain dry bread crumbs, lowest sodium available
- ½ tsp. dried oregano
- ½ tsp. garlic powder
- 1/8 tsp. pepper

#### Directions

1. In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the spinach and lemon zest for 2 minutes, or until the spinach is wilted, stirring constantly. Transfer to a medium bowl. Stir in the roasted peppers, basil, and walnuts. Let cool for 5 minutes.
2. Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
3. Place the salmon on the baking sheet. With a pastry brush or spoon, spread the mustard over the fish. Then, with a spoon carefully place a scant 1/2 cup spinach mixture into, or on-top of, each fillet.
4. In a small bowl, stir together the remaining ingredients. Sprinkle over the fish. Lightly spray the top with cooking spray.
5. Bake for 12 to 13 minutes, or until the fish is the desired doneness and the filling is heated through.

Adapted from: <https://recipes.heart.org/Recipes/1267/Spinach-Stuffed-Baked-Salmon>

GWAAR Nutrition Team in Collaboration with UW Stout  
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