

## Choosing Fats and Oils

### Recommended:

Monounsaturated  
Polyunsaturated

### Avoid:

Saturated  
Trans-fats

### Margarine

1 tsp. soft margarine (with no trans-fat) listing liquid corn, safflower, soybean, or sunflower seed oil as the first ingredient

2 tsp. diet margarine (with no trans-fat)

**Avoid:** Margarine not listing liquid corn, safflower, soybean or sunflower seed oil as the first ingredient, butter\*, lard\*

### Oils

1 tsp. liquid corn, safflower, soybean, cottonseed, sesame or sunflower seed oil

1 tsp. canola, olive or peanut oil

**The best oils are canola, olive or peanut oil!**

**Avoid:** Saturated vegetable oil and solid shortening, coconut or palm oil

### Salad Dressings

Fat free dressings

Fat free mayonnaise

1 Tbsp. French+

2 tsp. Italian+

2 tsp. Thousand Island+

1 tsp. Mayonnaise+

1 Tbsp. Lite Mayonnaise+

1 tsp. Miracle Whip+

1 Tbsp. Lite Miracle Whip+

2 tsp. Vinegar and oil

**Avoid:** Blue cheese\*, Roquefort\*, Ranch\*, Green Goddess\*, dressings made with sour cream or cheese

### Nuts (unsalted)

7 whole almonds

2 medium Brazil nuts

5 whole filberts

7 small Hickory nuts

3 medium pecans

15 whole pistachios (occasional use only!)

20 whole Spanish peanuts

10 whole Virginia peanuts

3 whole walnuts

**Avoid:** Macadamia nuts

### Miscellaneous

1/8 medium avocado

2 Tbsp. cream sauce made from skim milk

2 Tbsp. gravy made from skim milk and margarine or oil on this list

2 Tbsp. gravy made from meat broth and margarine or oil on this list

10 small or 5 large olives +

**Avoid:** Bacon\*, ham hocks\*, sausage\* salt pork\*, butter, coconut, chocolate, cream sauces, gravy made from meat drippings, lard and meat fat

+ = High in salt or sodium

\* = Saturated fats

## Working Towards a Healthy Heart

1. Decrease TOTAL fat
2. Decrease SATURATED fat
3. Decrease TRANS-fat
4. Increase complex carbohydrates\*
5. Decrease added salt/sodium
6. Increase physical activity

(Increases HDLs)

\*Complex carbohydrates are found mostly in whole fruits, vegetables, beans and whole grains.



## Health Services

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## Health Services



Working Towards  
a Healthy Heart

# Sorting Out the Fats and Cholesterol

## Cholesterol

- “Cholesterol only comes in things that *WALK, SWIM or FLY.*”
- It is a fat-like substance found only in animal products.
- Your body makes its own cholesterol.
- American Heart Association recommends eating no more than 200 mg of cholesterol per day. One egg yolk is 215 to 285 mg, depending on size.
- High cholesterol foods include: **egg yolks, liver, organ meats and skin.**

## Saturated Fats

- *Decreases HDL and Increases LDL*
- Are solid at room temperature.
- Are found in:
  - a) Animal products.
  - b) Foods made with tropical oils (palm and coconut).
  - c) Hydrogenated fat (shortening, stick butter and margarines).
- There may be saturated fats in things that say “cholesterol free.”
- Saturated fats are found in: **prime cuts of beef, pork, lamb, veal, luncheon meats, poultry skin, lard, butter, whole milk, cream, ice cream, cream sauces, cheeses made with whole milk, coconut and palm oils, vegetable shortening, bacon and sausage.**

## Trans Fats

- *Decreases HDL and Increases LDL*
- This fat is created when vegetable oil is hydrogenated (the process used to turn the liquid oil into a solid shortening).
- Trans fats are found in: **margarines (stick and some tub), shortening, cakes and cake mixes, frostings, doughnuts, pies, fried foods made with or fried in shortening and in other high-fat convenience foods.**
- Foods that are high in saturated fat will usually be high in trans fats as well.



## Polyunsaturated Fats

- *Decreases HDL and Decreases LDL*
- Usually liquid at room temperature, so they are sold in bottles rather than tubs.
- Usually made from vegetable products.
- Polyunsaturated fats are found in: **corn, safflower, sunflower, soybean, cottonseed and sesame oils, as well as in margarines made from liquid oils.**

## Monounsaturated Fats

- *Increases HDL and Decreases LDL*
- Usually liquid at room temperature, so they are sold in bottles rather than tubs.
- Usually made from vegetable products.
- Monounsaturated fats are found in: **canola oil, olive oil, peanuts, avocados and peanut oil.**

## Triglycerides

- Are fats normally found in the blood.
- These are fats made by the body in order to store energy.
- Whenever excessive calories are eaten, the blood level of triglycerides will tend to increase.
- High intakes of concentrated sweets, fats, or alcohol seem to cause higher triglyceride levels in many people.

*Regardless of whether fats are saturated, trans-fats, polyunsaturated or monounsaturated, they still have 9 calories per gram. Excessive amounts of any kind of fat should be avoided.*

*Use All Fat  
In Moderation*

