

## How can I lower my intake of saturated fat, trans fat and cholesterol?

Eating foods that contain too much saturated fat and trans fat can increase your level of LDL (bad) cholesterol. If you change your diet and monitor your intake of these fats, you can lower your risk of developing coronary heart disease.

Here are some practical tips you can use to keep your consumption of saturated fat, trans fat and cholesterol low while still having a nutritionally adequate diet:

- Check the Nutrition Facts panel to compare foods because the serving sizes are generally consistent in similar types of foods. Choose foods lower in saturated fat, trans fat and cholesterol. For saturated fat and cholesterol, keep in mind that 5 percent of the daily value (%DV) or less is low and 20 percent or more is high. There is no %DV for trans fat.
- Choose alternative fats. Replace saturated and trans fats in your diet with monounsaturated and polyunsaturated fats. These fats do not raise LDL cholesterol levels and have health benefits when eaten in moderation. Sources of monounsaturated fats include olive and canola oils. Sources of polyunsaturated fats include soybean oil, corn oil, sunflower oil and foods like nuts and fish.
- Choose vegetable oils more often because the amounts of saturated fat, trans fat and cholesterol are lower than the amounts in solid shortenings, hard margarines and animal fats, including butter.
- Consider fish. Most fish are lower in saturated fat than meat. Some fish, such as mackerel, sardines and salmon, contain omega-3 fatty acids, which are being studied to determine if they offer protection against heart disease.
- Choose lean meats such as poultry without the skin, and lean beef and pork with the visible fat trimmed. Avoid preparing meat by frying it.
- Ask before you order when eating out. A good tip to remember is to ask which fats are being used in the preparation of your food when eating or ordering out.
- Watch the calories. Fats are high in calories. All sources of fat contain nine calories per gram, making fat the most concentrated source of calories. By comparison, carbohydrates and protein have only four calories per gram.

Information on this page was gathered from documents on the website for the United States Food and Drug Administration (FDA). The site is located at [www.fda.gov](http://www.fda.gov).

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