



# simply healthy

from your Hannaford Dietitian

## FATS 101: The True Story

**Healthy fats can have a positive effect on health and wellness.**

Fats and oils may well be the most important part of your daily diet. There has been a surge of research on the significance of fats in health and disease. It was once thought that a low-fat diet was the key to losing weight, managing cholesterol, and preventing health problems. But we now know it is not a low-fat diet, but the kind of dietary fat that really matters in the long run.

We can simply categorize fats as “good” and “bad.” Bad fats increase cholesterol and your risk of certain diseases, while good fats protect your heart and support overall health. In fact, good fats – such as omega-3 fats – are essential to physical and emotional health, as they serve many functions in the body.



**Those Fats derived from unprocessed plant based food sources are generally good fats.**

There are two families of fats that are not only good, they are termed essential -- meaning that the body cannot make them, so they must be obtained from the diet. They are the **Omega-3 and Omega-6** essential fatty acids (**EFAs**). Examples of their work include controlling inflammation, blood pressure, and immune system activity.

**Coldwater fish, including salmon, trout, and tuna, contain high levels of beneficial omega-3 fatty acids, which may reduce the risk of coronary heart disease.**

They protect against heart disease by reducing blood triglycerides, preventing blood clots, protecting against irregular heartbeats, lowering blood pressure, and defending against inflammation. The American Heart Association and the United States Diet Advisory Board recommend eating at least two servings of “good” fatty fish per week.



**Interested in learning more?** Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at [hannaford.com/dietitian](http://hannaford.com/dietitian)