



# simply healthy

from your Hannaford Dietitian

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## Fat Recommendations

**For most people, total fat consumption should be about 20%-35% of total calories.**

Keeping Fat consumption within the recommended range helps you get essential nutrients while controlling your risk for chronic disease. A 1500-calorie diet should include no more than 34-58 grams of fat; a 2000-calorie diet should include no more than 45-78 grams of fat a day.

**For cooking, use vegetable oils rich in monounsaturated and polyunsaturated fats, like olive and canola oils.**

Since cooking with very high temperatures as used in deep frying can destroy some of the essential fatty acids, it's best to opt for methods such as steaming, baking, broiling, or poaching.

**Avoid ALL processed fats** - This means stick margarine, processed baked goods and chips -- anything labeled "partially hydrogenated."

**Keep consumption of saturated fat to a minimum** - Avoid fatty cuts of meat and items cooked or prepared with high amounts of saturated fats, such as butter or lard.

## Changing Your Diet for the Better use Healthy Fats!

**Cook with olive oil and canola oil** - Use for sautéing, rather than butter, stick margarine, or lard.

**Eat more avocados** - Try them in sandwiches or salads or make guacamole.

**Snack on nuts** - You can also add nuts to salads and vegetable dishes or use them instead of breadcrumbs on chicken or fish.

**Enjoy olives** - Olives are high in healthy monounsaturated fats. But unlike most other high-fat foods, they make for a low-calorie snack when eaten on their own. Try them plain or make a tapenade for dipping. While olives are rich in healthy fat, they are also rich in sodium, so enjoy in moderation.

**Dress your own salad** - Commercial salad dressings can be high in saturated fat and contain trans-fat. Create your own healthy dressings with extra virgin olive oil, flaxseed oil, or sesame oil.



**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](mailto:hannaford.com/dietitian)