



EFS PERSONAL TRAINING

# Energize Tips

## Getting to know Healthy Fats

Fat is a nutrient that is actually important to your health. Small amounts of healthy fat help the body absorb vital nutrients. Healthy fats are anti-inflammatory and may help in the prevention of many diseases.

**Omega-3 Fats:** a type of polyunsaturated fat that may help lower cholesterol levels and support heart health.

- Fatty fish (salmon, albacore tuna, sardines and mackerel)
- Walnuts and walnut oil
- Oils (canola and soybean)
- Flaxseed (ground flaxseed and flaxseed oil)

**Monounsaturated Fats:** Improve blood cholesterol levels which can decrease your risk of heart disease.

- Nuts
- Olive Oil
- Pumpkin Seeds
- Avocado
- Peanut Butter

The number of fat grams you should eat depends on your total calorie intake during your weight loss program. According to the Institute of Medicine, consuming between 20 and 35 percent of your total calories from fat is a healthy amount.