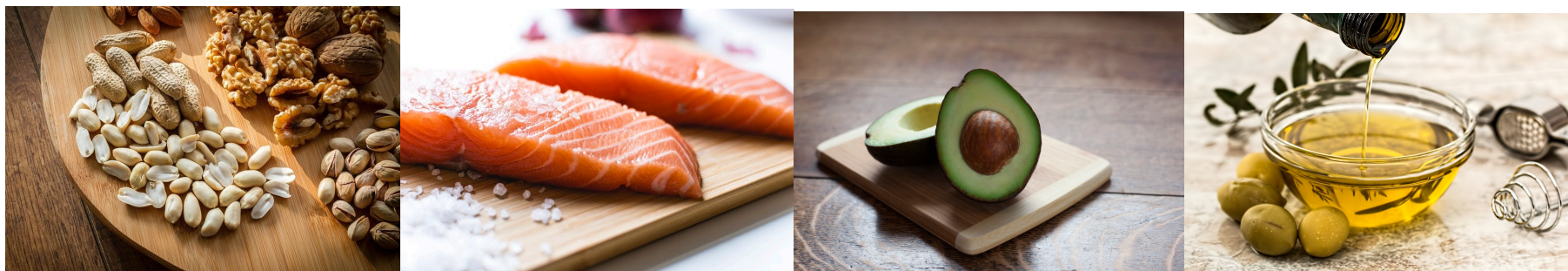


Nutrition Tip of the Week: The Importance of Fat in the Diet



Hello CSUSM Athletes!

This week we are talking all about dietary fats and the significant importance that they have for our bodies and overall health. Fat is one of the three *macronutrients*. That is, a type of nutrient that we need to consume in large amounts each day (along with carbohydrates and protein). While the amount to be consumed differs for each macronutrient, fat is definitely important and part of a healthy diet. For healthy functioning, our bodies need what are called *essential fats*. These are fat sources we can only get from the diet because the body can't produce them itself. Eliminating or restricting healthy fats can have serious health consequences.

There are 4 types of dietary fat in the foods we eat: **monounsaturated fats**, **polyunsaturated fats**, **saturated fats** and **trans fats**. For good health, consume foods that contain *monounsaturated* and *polyunsaturated* fats. Sources rich in polyunsaturated fats also provide those essential fats. Limit saturated fats and avoid trans fats as much as possible.

Healthy dietary fats do a lot for our bodies and are crucial for athletes because they provide our bodies with long-term energy. When we exercise, our bodies use its first and primary source of energy - carbohydrates. Once we begin to exceed physical activity for over 60-90 minutes, our stored carbohydrate sources run out and our body begins to use its second favorite source for energy - fat. If there is not enough fat readily available, the body moves into a "starvation state", where it uses protein by breaking down muscle tissue as its last resort for energy. As athletes, you want to continue to build and strengthen muscles, not break them down. Fat also protects our organs, helps us to absorb nutrients, regulates body temperature by keeping us warm, and maintains cellular health. Our cholesterol and hormone production are also dependent on adequate healthy fat consumption. This is a big reason why women can have irregular menstrual patterns or stop menstruation all together, and men can have low libido levels (sex drive) due to decreased testosterone production. Check out the infographics below to help you choose healthy fat sources to incorporate into your everyday meals and snacks!

FOUR WAYS TO GET **GOOD FATS**

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.



| **GO FISH**

Eat fish at least twice a week. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.

| **BE NUTTY**

Munch on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.



| **ADD AVOCADO**

Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.

| **CHECK THE OILS**

Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.





Healthy For Good™

THE FACTS ON FAT

The American Heart Association recommends replacing bad (saturated) fats with good (unsaturated) fats as part of a healthy eating pattern.



LOVE IT

UNSATURATED
(POLY & MONO)

- ✓ Lowers rates of cardiovascular and all-cause mortality
- ✓ Lowers bad cholesterol & triglyceride levels
- ✓ Provides essential fats your body needs but can't produce itself



LIMIT IT

SATURATED

- ✗ Increases risk of cardiovascular disease
- ✗ Raises bad cholesterol levels



LOSE IT

ARTIFICIAL TRANS FAT,
HYDROGENATED OILS
& TROPICAL OILS

- ✗ Increases risk of heart disease
- ✗ Raises bad cholesterol levels

EAT SMART ADD COLOR MOVE MORE BE WELL

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Type of Fat	Interactions with the Body	How to Tell	Amount to Consume	Sources
Monounsaturated Fat	<ul style="list-style-type: none"> • Lowers unhealthy cholesterol & triglyceride levels in the body • Lowers rates of cardiovascular disease and all-cause mortality • Lowers risk of heart disease and stroke • High in Vitamin E antioxidant • Provides essential fats your body needs but can't produce itself 	Oils are typically liquid at room temperature but start to turn solid when chilled	Consume in High Amounts	Avocados Olives Peanut butter Nuts & Seeds Olive oil Canola Oil Peanut Oil Safflower Oil Sesame Oil
Polyunsaturated Fat	<ul style="list-style-type: none"> • Lowers unhealthy cholesterol and triglyceride levels in the body • Lowers rates of cardiovascular disease and all-cause mortality • Omega-3 and omega-6 fatty acids • Lowers risk of heart disease and stroke • High in Vitamin E antioxidant • Provides essential fats your body needs but can't produce itself 	Oils are typically liquid at room temperature but start to turn solid when chilled	Consume in High Amounts	Tofu Soybeans Edamame Walnuts Flaxseeds Sunflower seeds Flaxseed oil Walnut oil Soybean oil Sunflower oil Corn oil
Saturated Fat	<ul style="list-style-type: none"> • Raises unhealthy cholesterol levels in the body (LDL) • Increases risk for heart disease and stroke 	<p>A few plant oils such as coconut oil, palm oil, and kernel oil contain saturated fats but do not contain cholesterol</p> <p>Almost all sources of saturated fat and cholesterol come from animal products</p> <p>Saturated fats also hide in many friend foods, baked goods and processed food items.</p>	<p>~ 13 grams/day or <120 calories from saturated fat per day</p> <p>Limit high amounts</p>	Coconut oil Beef Pork Lamb Poultry with skin Lard Butter Cream Cheese Other dairy products made from whole or reduced-fat (2% milk)
Trans Fat	<ul style="list-style-type: none"> • Lowers levels of healthy cholesterol (HDL) • Raises unhealthy cholesterol levels in the body (LDL) • Increases risk for heart disease, stroke and type 2 diabetes 	<p>Found in many deep fried foods, frozen foods and baked goods</p> <p>Read the Nutrition Facts and ingredients label on foods you buy at the store and when you are eating out, ask what kind of oils they cook with</p>	Highly limit or avoid	Hydrogenated oils Partially hydrogenated oils Fried foods Baked goods: doughnuts, cakes, pie crust, biscuits Crackers Frozen foods Stick margarines

Recipe: Egg & Avocado Toast

Prep time: 5 minutes

Cook time: 5 minutes

Servings: 1

Ingredients:

- 1 slice whole grain bread, toasted
- ¼ small hass avocado
- ½ teaspoon olive oil
- 1 large egg
- 1 tbsp hemp seeds, sprinkled
- Salt and pepper to taste

Optional Toppings:

- 1-2 tomato slices, *optional*
- Ground flax seeds, *optional*
- Drizzled olive oil, *optional*
- Fresh herbs or microgreens, *optional*
- Hot sauce, *optional*



Directions:

1. Toast bread in a toaster, toaster oven, or lightly butter bread and fry on pan.
2. Mash avocado in a small bowl and season with pepper and salt.
3. Heat a small nonstick skillet over medium heat. Once skillet is hot, add olive oil.
4. Gently crack egg into the skillet. Cook to your liking.
5. Place mashed avocado on toast, top with egg and any other additional toppings such as tomato slices, hemp seeds, salt, pepper or hot sauce.

Nutrition Facts: Serving: 1 toast, Calories: 229kcal, Carbohydrates: 23g, Protein: 12g, Fat: 10g, Saturated Fat: 3g, Cholesterol: 186mg, Sodium: 223mg, Fiber: 5g, Sugar: 4g
Blue Smart Points: 4
Green Smart Points: 6
Purple Smart Points: 4
Points +: 6

This is the ultimate balanced meal. Egg and avocado toast is filled with lots of healthy fats, carbohydrates and protein that will keep you full throughout your morning. Can you spot the healthy fats in this recipe? Avocado, olive oil and optional hemp seeds are rich sources of monounsaturated fats. Hemp seeds are tiny seeds that are packed with protein, vitamin E and other minerals. Eggs provide omega-3 fatty acids, an essential healthy fat that helps increase cardiovascular health and reduces inflammation. They are also rich in iron to help with energy and oxygen flow! As some athletes find eating protein to be hard on the stomach prior to workouts, (due to its slow digestion rate), this can also be enjoyed as a midday snack or after practice. Enjoy!

This recipe was adapted from: <https://www.skinnytaste.com/avocado-toast-with-sunny-side-egg/>



The Cougar Pantry serves free food to all CSUSM students. Each Student may visit once per week, in addition to attending Fresh Market Mondays (every Monday in Chavez Plaza from 10am - 1pm) and Produce Truck Tuesdays (first tuesday of every month in front of Markstein Hall from 12-1 pm) for fresh produce.

Cougar Pantry is located in **USU 3100A** and the hours are as follows:

Mondays: closed for Fresh Market

Mondays; Tuesday - Thursday: 9 AM - 5 PM

Friday: 9 AM - 1 PM

Don't forget your reusable bag and student ID!

Thank you Cougars and have a wonderful week!