

HEALTHY FATS IN SMALL AMOUNTS

There are 3 types of nutrients in food: carbohydrates, proteins, and fats. Healthy meals include all three types. People with diabetes should plan meals that include "heart-healthy" fats in limited amounts. Some of these foods are olive, peanut or canola oil, walnuts, almonds and flax seed. You should also limit fats that

are not good for you. Red meat, high-fat dairy foods like cheese and butter, and fried foods such as french fries and doughnuts are some examples of fatty foods to watch out for. Controlling your weight and planning balanced meals are an important part of living a healthy life with diabetes.

KNOW YOUR FATS

It is a good idea to keep track of how much fat you are eating each day. Your daily dietary fat intake should be about 25% or 1/4 of the total calories you eat. Your doctor, pharmacist or diabetes educator/dietitian can help you decide how many healthy fats to eat each day without adding too many calories. Look at the list of foods below to see how many grams of fat are found in each. Some foods have more fat than others, and some fats are healthier than others. Limit saturated fats in your diet and choose more healthy fats.

Healthy fats (less saturated):

	FAT
1 tablespoon of olive oil	14 grams
2 slices of turkey bacon	4.5 grams
6 almonds	5 grams
1 tablespoon of peanut butter	5 grams
1/4 medium sized avocado (1.5 ounces/3 tablespoons)	15 grams
6 small olives	3 grams
10 peanuts	5 grams

Unhealthy fats (more saturated):

	FAT
1 tablespoon of tub margarine	15 grams
2 slices of bacon	6.5 grams
1 tablespoon of cream cheese	5 grams
1 tablespoon of butter	15 grams
3 tablespoons of full-fat ranch salad dressing	23 grams
1 tablespoon of mayonnaise	12 grams
2 tablespoons of sour cream	5 grams

