

FATS

Function:

- Source of stored energy.
- They carry fat soluble vitamins (A, D, E, and K) and promote healthy skin and normal growth.

Food Sources:

- Saturated fats “bad fat”- Solid at room temperature. Found mostly in animal and dairy products (meat, butter, milk, solid shortening).
- Unsaturated fats “good fat”- Remain liquid at room temperature. Found mostly in plant sources like vegetable oil, nuts, avocados, and olives. Unsat. fats also lower cholesterol levels.
- Trans fats- preservative, baked goods

Recommended Percentage in Diet: 20% - 30% of daily caloric intake. Limit your intake of Saturated fats as they can increase the risk of heart disease.