



All About Fats - Saturated vs Unsaturated, Cholesterol & Omega 3s!

Hello! It is the summer edition of the nutrition focused newsletter specifically for SLPS employees. Saint Louis Public Schools, in partnership with their health insurance provider, United Healthcare is working with MU Extension's Health and Human Sciences Extension to provide this bi-monthly (every other month) newsletter with the goal of sharing timely nutrition focused health information that you can use in your everyday life. If you have a specific topic you would like to see covered here in this newsletter, please email [Brittany Danescu](mailto:Brittany.Danescu@slps.org), the United Healthcare Health Engagement Coordinator.

Saturated vs Unsaturated Fats

How can you tell the difference?

Saturated fats are typically solid at room temperature (think butter and coconut oil) and unsaturated fats are typically liquid at room temperature (think olive oil).

Saturated fats can cause fatty deposits in blood vessels, leading to atherosclerosis ("hardening of the arteries"). Examples of

What about Cholesterol?

Cholesterol is a type of fat. But did you know it's not always a bad thing?

There are actually two types of cholesterol. Low-density lipoprotein (LDL) is known as the "bad" cholesterol. LDL can build up in the walls of your blood vessels and narrow the passageways, which can lead to a clot. This is what can cause heart attacks and strokes. High-

foods high in saturated fats include processed meats like salami, butter, cheese, fried foods, red meats and ice cream. It's best to limit these foods to a few times a week.

Unsaturated fats are less likely to clog your arteries. Examples of foods high in unsaturated fats include fish like salmon, sardines, and trout, avocados, nuts like walnuts and almonds, olive oil, and seeds.

density lipoprotein (HDL) is known as the “good” cholesterol. HDL picks up excess cholesterol in your blood and takes it back to your liver where it's broken down and removed from your body. It is perfectly fine to have a little bit of LDL (“bad”) cholesterol in your diet, but the risk is that many high-cholesterol foods also contain high amounts of saturated fat.



What are “healthy fats”?

Foods with more unsaturated fats than saturated fat often also contain plenty of vitamins and minerals. Aside from fat, avocados also contain fiber, vitamins B, C, E, and K, iron, magnesium, and potassium! Aside from fat, salmon is also high in omega 3's, vitamin B12, iron, potassium, and protein!

Let's dive deeper into Omega's!

So how can you lower your ratio and include more Omega-3's in your diet?!

There are 3 types of Omega fatty acids, 3, 6, and even 9. The ideal healthy ratio of omega-6 to omega-3 fatty acids appears to be between 1:3, however, in Western diets, people typically consume a ratio 15:1 ratio. The standard American diet is usually deficient in omega-3 fatty acids, with excessive amounts of omega-6 fatty acids. Omega-9 is produced by the body, so it is not deemed “essential”. A lower ratio of omega-6/omega-3 fatty acids is more desirable in reducing the risk of chronic diseases, inflammation, and autoimmune diseases. Omega 3’s have been proven to fight anxiety, promote brain health, decrease the risk of heart disease, and fight Alzheimer’s disease.

Eat more: flaxseed, anchovies, chia seeds, berries, walnuts, salmon, avocados, and soybeans.

Eat less: eggs, red meat, mayonnaise, processed meats, sunflower oil, and corn oil.



Fish Recipes



Fatty Fish, such as anchovies, sardines, salmon, tuna, and trout to name few, are considered one of the best sources of omega-3s. Try out one of these tasty recipes to boost your consumption of fatty fish.

- [Tuna Boats](#)
- [Oven Baked Salmon](#)
- [Fish Tacos](#)
- [Sardine Toast](#)