

# Eat Healthy Fats with your Veggies

## Say Yes to Oil, Nuts, or Light or Full Fat Dressings, but in moderation, with your Veggies

A published by the American Journal of Clinical Nutrition shows that Dietary fat is necessary for the absorption of nutrients from fruits and vegetables. Salads with fat-free salad dressing absorbed far less of the helpful phytonutrients and vitamins from spinach, lettuce, tomatoes and carrots than those who consumed their salads with a salad dressing containing fat.

### **Bigger Nutritional Principle**

**Beta carotene, Vitamin D, and Vitamin E as well as other fat soluble vitamins are nutrients that require fat in order to be absorbed and used by the human body. Your body need dietary fat, Nonfat and very low fat diets are not nutritious and can be harmful. The dietary reference intake (DRI) for fat in adults is 20% to 35% (or more) of total calories from fat. That is about 44 grams to 77 grams of fat per day if you eat 2,000 calories a day. Remember: Twenty percent would be around 4 tbs of oil. Remember fats are concentrated calories.**



**We need dietary fat.**

It doesn't take much fat.

Eating just 5 or 10 nuts or one-fourth of an avocado or 1 tsp of oil (**TEASPOON not TABLESPOON, 1/3 of the size of a ping pong ball**), provides plenty of fat for transporting these nutrients and aiding their absorption.

Choose foods with “good” unsaturated fats, limit foods high in saturated fat, and avoid “bad” trans fat.

“Good” unsaturated fats — Monounsaturated and polyunsaturated fats — lower disease risk. Foods high in good fats include vegetable oils (such as olive, canola, sunflower, soy, and corn), nuts, seeds, and fish.