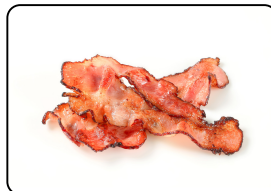


## TOPIC: DIETARY GUIDELINES FOR LIPIDS

### Be Aware of Hidden Fats

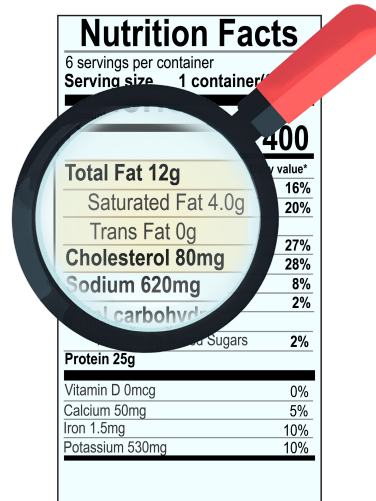
- ◆ Fats in our diet can be categorized as visible or hidden fats based on how likely we are aware of them.
  - **Visible Fats:** *obvious* sources of fats that are easily \_\_\_\_\_ in our diet (e.g. our own addition of butter/oil).
  - **Hidden Fats:** fats that are \_\_\_\_\_ easily seen in our diet (e.g. fats added to processed & preprepared foods).
    - Hidden fats account for \_\_\_\_\_ fat in the average American diet.
- ◆ Guideline: use visible fats in *moderation* & select oils over fats. Pay attention to fat content on nutrition labels!



Visible Fat



Hidden Fat



### Recommended Dietary Guidelines: Lipids

Limit Consumption	Consume Enough
AMDR for fat is _____ - _____ % of total energy intake.	Consume unsaturated fats & oils.
Limit <i>saturated</i> fats to _____ than 10% of total daily energy.	Consume <i>plant</i> -based foods, nuts, seeds & <i>fish</i> to get essential fatty acids.
Limit dietary cholesterol to <i>less</i> than _____ mg/day.	AI recommends a <i>minimum</i> of _____ - _____ g of linoleic acid (omega-6 fatty acid) per day for adults.
_____ <i>trans</i> fats!	AI recommends a <i>minimum</i> of just _____ - _____ g of α-linoleic acid (omega-3 fatty acid) per day for adults.



## **TOPIC: DIETARY GUIDELINES FOR LIPIDS**

### **EXAMPLE**

Which of the following statements about the recommended dietary guidelines for fats is true?

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- a) Fats should make up between 20-35% of your total caloric intake.
- b) You should aim to limit saturated fats to less than 10% of your daily caloric intake.
- c) It is recommended that you completely avoid consuming trans fats.
- d) You should be aware of hidden fats as they can be a major source of lipid intake.
- e) All of the above are true.

### **PRACTICE**

It is difficult to remember the exact values of how much of each type of fat you are supposed to consume each day, because some of the values are very specific. For example: 11-14g of linoleic acid, 1.1-1.3g of  $\alpha$ -linoleic acid, <10% of daily calories coming from saturated fat & avoiding trans fat. Therefore, it may be more helpful to try and remember some general rules when thinking about fat intake. Which of the following answer options provides good, practical advice on healthful fat consumption?

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- a) Eat fish at least twice per week – it doesn't matter how it's cooked (e.g. fried/battered, grilled, smoked).
- b) Eat as much olive oil, soybean oil, & avocado oil as you like; as long as you don't eat too much butter.
- c) You should treat yourself with fast food 2-3 times a week – it's important to enjoy your food.
- d) Prioritize foods with essential fatty acids such as walnuts, oily fish, & seeds & try to avoid fast food.

## TOPIC: DIETARY GUIDELINES FOR LIPIDS

### Fat Replacers & Blockers

- ◆ Fat replacers & fat blockers are becoming more popular & may help with weight loss.
  - **Fat Replacers:** ingredients that \_\_\_\_\_ texture/function of fat while *reducing* fat content & calories.
  - **Fat Blockers:** substances that *reduce* or \_\_\_\_\_ fat absorption, leading to *excretion* of unabsorbed fat.
- ◆ Can be part of a short-term weight-loss plan when consumed in moderation & balanced with a healthy diet.
  - They contribute only \_\_\_\_\_ to weight loss, can cause malnutrition & digestive side effects.



### EXAMPLE

Which of the following statements about fat replacers & blockers is true?

- a) Fat replacers & fat blockers both prevent fat absorption in the small intestine.
- b) Fat replacers & fat blockers both mimic the texture of fats in food products.
- c) Prolonged use of fat replacers has been linked to malnutrition.
- d) Prolonged use of fat blockers has been linked to malnutrition.
- e) Both options a and d are true.

### PRACTICE

Olestra is a substance that was approved by the FDA in 1996. It was typically used in snack food such as potato chips because it has a similar texture to fat but isn't absorbed by the digestive system. However, its use has mostly been discontinued because it caused some issues such as abdominal cramping. Based on this information what type of product is olestra?

- a) A fat replacer, because it is a type of triglyceride.
- b) A fat replacer, because it mimics the texture of fat but isn't absorbed by the body.
- c) A fat blocker, because it prevents other fats from being absorbed.
- d) A fat blocker, because it prevents other fats from being converted to adipose tissue.