



EATING 101

RU DINING HEALTHY?

A Weekly Newsletter Brought to You by the RU Healthy Dining Team-
A Joint Program Between RU Dining Services and The Department of Nutritional Sciences

A Snippet on Lipids

In attempting to be health conscious, many students limit their fat intake, when in actuality it's fine to obtain 25-35% of calories from fat. Fats provide dietary satiety and help with the absorption of fat soluble vitamins. Certain types of fat are "essential" nutrients, ones that we have to get from our diet.

The type of fat you eat can significantly influence blood cholesterol levels. If you watch your cholesterol, it is important to know that dietary cholesterol, the cholesterol you get from various foods, is only one of the lipids that you should watch. In addition, the *type* of fat you eat can positively or negatively affect your blood cholesterol levels.

Not all fats are created equal:

Type of Fat	Main Sources	Effect on Blood Cholesterol
Saturated	Mostly Animal products	Can increase the LDL cholesterol or "bad" blood cholesterol. Consuming too much saturated fat can also lead to plaque formation and could eventually cause heart disease.
Unsaturated	Mostly Plant	Eating the recommended amount of this fat can be heart healthy. Substituting saturated fats with unsaturated fats, such as monounsaturated fat, can decrease your LDL cholesterol.
Trans fats (chemically modified plant fat)	Processed foods (Margarine and Spreads)	Trans fats can raise your LDL cholesterol while lowering your HDL or "good" cholesterol.

"Fat" or Fiction?

Fiction: Eating at the dining hall is bad for your heart.

Fact: The dining halls use trans-fat free cooking oils to prepare all their meals.

Fiction: Your diet is the only factor that affects your cholesterol.

Fact: Your genetic background can also affect your cholesterol levels and your risk for heart disease.

Fiction: It's always good to have low cholesterol levels.

Fact: A person with low HDL cholesterol has an increased risk for heart disease the same way a person with high LDL cholesterol does.



Unsaturate your plate by making these simple substitutions:

Unsaturated Fats	Saturated Fats
Salmon	Steak
Canola oil	Butter
Avocados	Mayonnaise
Nuts	Cookies
Olive oil	Lard

Have a ball with your cholesterol!

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References: American Heart Association. *Know Your Fats*. Available at <http://www.americanheart.org/presenter.jhtml?identifier=532> Accessed on 29 October 2009.

American Heart Association. *Saturated Fats*. Available at <http://www.americanheart.org/presenter.jhtml?identifier=3045790> Accessed on 29 October 2009.

Question? E-mail the Healthy Dining Team at peggyp@rci.rutgers.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis, and past newsletters, view our web page at <http://food.Rutgers.edu>