

FATS as a Part of Nutrition

Student's Name
Professor's Name
Course
Date

Outline

I. Fats are essential elements of healthy nutrition

1. Fats are organic compounds that provide necessary substances and vitamins for a human.
2. The positive effect of fats on human's organism depends on the type and balanced way of its consumption.

II. Types of fats

1. Monounsaturated and polyunsaturated fats are essential for an appropriate functioning of the human's organism.
2. Trans fats cause serious health problems.

III. Human's health and body constitution depends on the nutrition

1. A low-fat diet is a key to losing weight and preventing health problems.
2. It is possible and necessary to find healthier alternatives to harmful products.

Fats are essential elements of healthy nutrition

Positive Effects

- ✓ It is a nutrient.
- ✓ It is a source of energy.
- ✓ Facilitate the absorption of vitamins A, E, D, K (Corbin et al. 57).
- ✓ Supply essential substances for vital organs and bones.
- ✓ Provide insulation and warmth.
- ✓ Enhance the flavor and texture of foods.



Fats are essential elements of healthy nutrition

Negative Effects

- ✓ Certain types of fats cause serious health problems.
- ✓ Fats can prompt a cholesterol's rise.
- ✓ Extra consumed fat is accumulated in fat tissue and contributes to putting on weight.

Types of Fats



Healthy Fats

Monounsaturated and Polyunsaturated Fats

Benefits:

- ✓ promote cell development
- ✓ improve cholesterol levels
- ✓ diminish risk factors of heart disease and stroke
- ✓ may help reduce a risk of diabetes
- ✓ promote healthy nerve activity and immune system
- ✓ improve absorption of vitamins
- ✓ maintain a normal state of health

Sources of fats:

- ✓ avocado
- ✓ olives
- ✓ vegetable and olive oils, seeds and nuts (Fanzo et al. 45)
- ✓ peanut butter

Fats Harmful to Health

Saturated Fats

Risks:

- ✓ increase cholesterol level
- ✓ prompt risk of heart disease
- ✓ risk of cancer

Sources of fats:

- ✓ meat
- ✓ curds and meat that contain a high amount of fats
- ✓ fatty milk and cream
- ✓ butter
- ✓ ice cream products
- ✓ oils extracted from palm and coconut (The 2015 Dietary Guidelines Advisory Committee 340)

Fats Harmful to Health

Trans Fats



Risks:

- ✓ makes useful cholesterol HDL lower (Fanzo et al. 60)
- ✓ increase the risk of stroke
- ✓ provoke heart diseases

Sources of fats:

- ✓ found in prepared foods
- ✓ fried potato
- ✓ chips
- ✓ cookies and donuts
- ✓ cereals
- ✓ muffins, pizza crusts, cakes





Dietary Recommendations

choose olive or vegetable oils for cooking

eat less of saturated fat



consume fatty fish and fish oils

try to avoid the trans fats



use the method of healthy eating plate

keep balanced and varied diet, identify healthier alternatives

(Fanzo et al. 57)



Dietary Recommendations

Identifying Healthier Alternatives

Products High in Saturated Fat instead of...	Healthier Alternatives use...
Butter, lard, coconut oil, palm oil	Margarine , vegetable oil spread, olive oil, canola oil, corn oil,
Fatty milk and cream	Skim, 1% , fat-free milk and cream
Red meat, ground beef, sausage, bacon, organ meats (such as liver, kidney)	White meat, for example, turkey, chicken, fish, pork chop with fat trimmed; products made of soya, nuts/seeds or beans
Poultry skin, visible meat fat	Skinless and trimmed meats
Fried foods	Grilled, baked, roasted, steamed, broiled, boiled

(The 2015 Dietary Guidelines Advisory Committee 377)

Dietary Recommendations

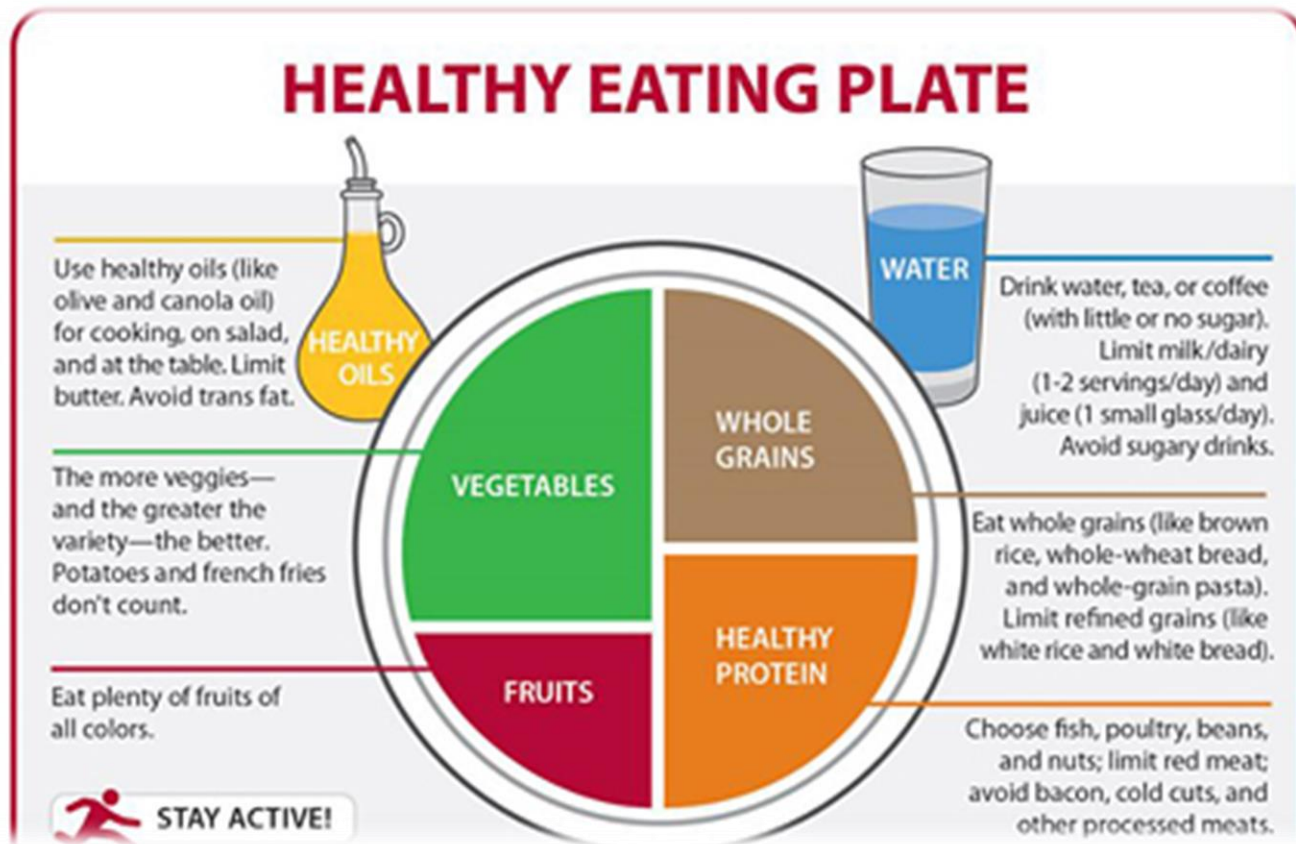


Fig. 1. Healthy eating plate ; The 2015 Dietary Guidelines Advisory Committee; “Scientific Report of the 2015 Dietary Guidelines Advisory Committee”; *Health.gov*, Febr. 2015, <https://health.gov/dietaryguidelines/2015-scientific-report/pdfs/scientific-report-of-the-2015-dietary-guidelines-advisory-committee.pdf>

Works Cited

1. Corbin, Charles, et al. *Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach*. 11th ed., McGraw-Hill Higher Education, 2015.
2. Fanzo, Jessica, et al., editors. *Diversifying Foods and Diets*. Routledge, 2013.
3. The 2015 Dietary Guidelines Advisory Committee. “Scientific Report of the 2015 Dietary Guidelines Advisory Committee.” *Health.gov*, Febr. 2015. <https://health.gov/dietaryguidelines/2015-scientific-report/pdfs/scientific-report-of-the-2015-dietary-guidelines-advisory-committee.pdf>. Accessed 28 Nov. 2016.