

Session 5 – Fat

I. Objectives

- Define fats
- Identify the different types of fats
- Incorporate healthy fats into the client's diet

II. Introduction

Fat is a nutrient found in the foods we eat. Fat has the most calories of all the different nutrients. Anytime you eat foods with too many calories and do not exercise enough, or at all you are more likely to gain weight.

Being overweight is a risk factor for type 2 diabetes, and chronic diseases such as heart disease, high blood pressure, and hardening of the arteries. The overeating of fatty foods is a cause of obesity.

Obesity and type 2 diabetes are tied together. Like carbohydrates there are different types of fats: Saturated, Unsaturated and Trans Fatty Acids.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will ask the client if they know about the different types of fats in nutrition and take note of their responses.

The health educator will educate the client.

- Current dietary recommendations suggest we eat no more than 30% of our daily calories from fat (there are 9 calories per gram of fat). However, it is important to recognize the different types of fats. Remember that a small amount of fatty food can contain a surprisingly large amount of calories. So eat these foods in moderation.

Saturated fats

- This fat is found in foods made from animals (meats, chicken, whole milk, lard, etc.) and is usual solid at room temperature. The overeating of saturated fat has been linked to diabetes, heart disease, obesity, and high cholesterol. Try eating chicken without the skin, fish and lean meats.

Unsaturated fats

- Unsaturated fat products are made from plants (avocados, nuts, olive oil) and fish (tuna, salmon) that are normally in a liquid form at room temperature. Unsaturated fats are much healthier and associated with lowering cholesterol levels. However, they are still fats (high in calories) so be careful and do not eat too much.

Trans fats

- Trans fatty acids or trans fats are not natural, they are manmade. They are produced to give certain food products a longer supermarket shelf life. Trans fatty acids are found in a large majority of margarines, some vegetable shortenings, packaged foods and fast foods. Unfortunately, trans fats raise total cholesterol levels, lower the good cholesterol and increase the risk of diabetes and heart disease.

The trainer can then ask:

- What types of fats do you eat on a regular basis?
- What type of healthy fats can you incorporate into your routine?

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To conclude the session, the client will understand fats and their role in nutrition. On the Choose MyPlate the client should notice that there is no area for fats. Fats are only to be consumed in moderation and/or sparingly.

V. Activity

Record the number of healthy fats consumed daily using the attached document. List the type of fat consumed.

Set a goal to incorporate a healthy fat into the daily meal plan.



Weekly Log: Unsaturated Fat Servings Consumed

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fish							
Nuts							
Vegetable fats (avocado, olive oil)							
Daily Total							

