daily **decisions**
with DNA

Face the Facts About Fat

the why:

Fat historically has had a bad reputation, but it is a crucial part of your diet, and selecting the right kind is important for supporting overall health and preventing disease. Fats play a key role in providing energy, absorbing important vitamins (A, D, E, & K), and supporting overall cell growth. There are three main types of fats. Unsaturated fats, found in olive oil, nuts, and fatty fish, are essential for balancing cholesterol levels and improving brain function. Saturated fat is stable at high heat which is important in cooking; it may raise LDL levels but can be part of an overall healthy diet. Trans fat which is found in processed foods and should be limited because it increases the risk of heart disease and raises your cholesterol.

Shopping Tips:

Choose Oils Wisely: use extra virgin olive oil or avocado oil to replace vegetable shortening or corn oil

Make that Fish Fatty: fresh or canned salmon, sardines, mackerel, or tuna are high in those crucial omega-3s

Store Brand or Bust: store brand varieties of mixed nuts, seeds, and dairy can help save money and get you the nutrients you need!

Say NO to "light" or "low fat": fats are an important part of a healthy diet and necessary for your body's proper function!

Snack Hacks:

Avo-Toast Bites - Top small pieces of whole grain toast with mashed avocado and your favorite seasoning! Add eggs, a slice of bacon (chopped), or whole fat cottage cheese for protein.

Salmon Stacks - Layer cucumber slices with cream cheese or avocado and smoked salmon. (Optional: top with capers or dill!)

Nutty Mix – Add walnuts and shredded coconut to your typical trail mix for an added friendly fat boost!

Challenge of the Week:

Fatten up Your Breakfast: Example - add nuts or nut butter to chia pudding or oatmeal.

Play "I-Spy" the Trans Fat: Read ingredient lists to avoid hydrogenated oils (i.e. trans fats).

Swap the Spread! Use natural nut butters, avocado, full fat yogurt, and butter instead of more processed options.

Do It Your Way: Make your own salad dressing using olive oil, lemon juice, and herbs.

Other Important Bites:

Fat Fact: An adult has 50 million fat cells in their body, and 60% of their brain consists of fat! Fat intake is crucial for human survival.

Fat also promotes satiety in the GI tract, which means without fat, you may be hungry again soon. Fat is higher in calories so watch portion size if looking to lose weight. Protein foods often contain fat as well so just throw some fiber into the mix, and you have a perfect, healthy combination for feeling full.

Remember, health is built through your Daily Decisions!

THE CENTER FOR DISCOVERY® DNA®

Recipes

Grilled Salmon with Avocado Salsa – makes ~4 servings (~26 gm of fat/serving – 19g unsaturated fat)

Ingredients:
For Salmon:
2lbs salmon fillets
1 Tbsp olive oil
1 tsp salt
½ tsp chili powder
1 tsp ground cumin
1 tsp paprika
1 tsp onion powder
1 tsp ground black pepper
For Salsa:
1 avocado (cubed)
½ red onion (diced)
1 lime (juiced)
1 Tbsp chopped cilantro
Salt to taste

Instructions:
1. Mix seasonings (salt, pepper, cumin, paprika, onion powder, chili powder) and rub on the salmon fillets with olive oil.
2. Refrigerate for 30+ minutes (longer it marinates, the stronger the flavor).
3. While waiting on the salmon, combine avocado, onion, lime juice, and cilantro in a bowl. Chill until time to serve. Add pinch of salt, if needed.
4. Preheat grill to medium heat (350-375°F).
5. Grill salmon to desired level of doneness (3-4 minutes on each side).
6. Top with salsa and serve!

Other Healthy Fat Combinations:

"Ants on a Log"
- Cut celery into sticks after washing thoroughly
- Add 2 tsp nut butter/sun butter to each celery stick
- Top with ~4 raisins and enjoy!
- Fat: ~8g

Twisted Egg Salad
- 2 hard-boiled eggs
- Add 1Tbsp full fat Greek Yogurt and ½ mashed avocado
- Add favorite seasonings (salt, pepper, dill, onion powder, garlic powder)
- Fat: ~24g

Yogurt Cup
- 1 cup full fat Greek yogurt
- 1 Tbsp nut butter/sun butter
- 1 tsp shredded coconut and ½ banana or apple cut up
- Fat: ~ 16g