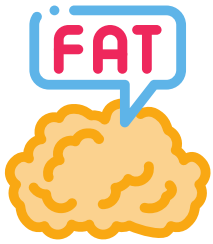
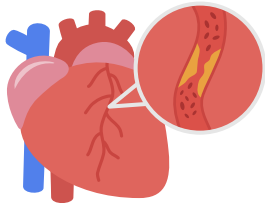


SATURATED FAT



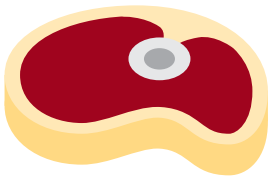
WHAT IS SATURATED FAT?

Saturated fats are primarily found in animal-based food products. Pure saturated fats are **solid** at room temperature.



WHY IS SATURATED FAT BAD FOR YOU?

Consuming too much saturated fat can increase **bad cholesterol levels** and increase risk for **heart disease**



COMMON SOURCES OF SATURATED FATS

Keep an eye out for **fatty and processed meats** and **high fat dairy products** like butter, cheese and ice cream



WHAT CAN YOU DO?

1. Choose **lean** cuts of meat
2. Opt for healthier **unsaturated fats** found in liquid vegetable oils, nuts, avocados and fish
3. Bake or steam foods rather than fry



Total Fat 4g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	8%

Check the **% Daily Value** on the Nutrition Facts Label!

5% DV or less is considered **low**

20% DV or more is considered **high**



**GREATER
CHICAGO
- FOOD -
DEPOSITORY**

The information provided in this resource is sourced from the FDA, Dietary Guidelines for American, MyPlate.gov and the Food Bank of Western Massachusetts. Please contact your primary care provider for more information.

