

# OVERVIEW OF DIETARY FAT

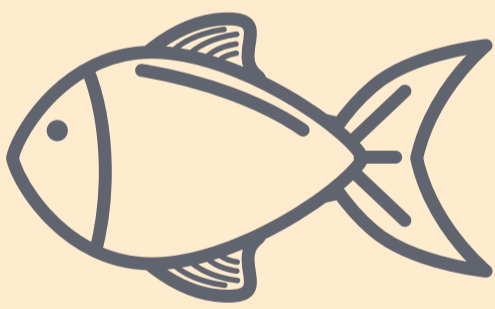


## WHAT IS THE PURPOSE OF FAT?

Dietary fat provides energy to the body and supports essential body functions. Our body stores extra calories as fat.

## ARE THERE HEALTHY FATS?

Healthier fats are typically unsaturated fats. These can protect against cardiovascular diseases. Examples of healthy fats include fatty fish and olive oil.



## UNSATURATED VS. SATURATED

At room temperature, saturated fats are solid, while unsaturated fats are liquid.

## 2015-2020 DIETARY GUIDELINES FOR AMERICANS

- Replace saturated fat with healthier unsaturated fats.
- Avoid trans fats.

