

Teacher Guide:

FAT & CHOLESTEROL

Key Messages

- Fats and cholesterol are needed by the body. However, too much dietary fat and cholesterol can increase your risk of heart disease.
- A low fat diet is good for weight control.
- Monounsaturated fats, like olive and canola oils, and polyunsaturated fats, like corn and soybean oils are part of a healthful diet.
- Diets high in saturated fats and *trans* fats increase your risk of heart disease.
- Cholesterol is found in animal products. It is recommended that an individual not have more than 330 mg. of cholesterol each day.
- **Children under 2 years old should not be on low fat diets. Fat and cholesterol are needed for baby's growth, including brain formation.**

Objectives

Participants learn:

- to identify polyunsaturated, monounsaturated, saturated and *trans* fats in the foods they eat.
- to identify fats that are part of a healthful diet.

Suggested teaching materials:

- Display of the different kinds of fats.
- Fat and Cholesterol handout

Activities

- Plan meals for a day or week that is low in fat and cholesterol.
- Show samples of fat in food.
- Food Labels – Read ingredients listing to identify fats.
- Read Nutrition Facts label to identify how much fat is in the food.