

Swap Your Fats

Olive oil and other unsaturated, heart-healthy fats are a key part of eating the Med Way. Use the fat choice continuum to evaluate where you can swap your fats.

Fat choice continuum

EAT MORE

EAT LESS

UNSATURATED

SATURATED

TRANS

Omega-3



Mono



Omega-6



Where does mayonnaise fit on the continuum?
It depends on what type of fat is used to make it.

Unsaturated Fat

- Generally found in plants or seafood.
- Shown to have health-promoting properties.

Saturated Fat

- Generally found in animal products such as meat, butter, cheese, and milk.
- Not been shown to have health-promoting properties.

Trans Fat

(i.e. partially hydrogenated oils)

- Fat that can be found in processed food, fried food, baked goods, and convenience and freezer food.
- Shown to be harmful to health.



Snack on Nuts and Seeds

Add them to foods you already eat. | Top salads, grains, and fruit. | Make them your go-to snack.



Nut Butter Buying Guide

- Read the label.
- Choose a product with minimal ingredients.
- Select a product with minimal added sugar and salt.

Comparing labels

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
Total Fat 16g	16g	21%	Total Carb. 7g	14%
Sat. Fat 3.5g	3.5g	18%	Total Sugars 2g	4%
Trans Fat 0g	0g	0%	Cholest. 0mg	0%
Cholest. 0mg	0mg	0%	Sodium 100mg	4%
Sodium 100mg	100mg	4%	Protein 7g	14%
Calories 190				
Ingredients: Peanuts, palm oil, salt.				

- Minimal ingredients
- No added sugar (1 gram of sugar is naturally occurring)
- No emulsifier such as palm oil (requires stirring)

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 16g	16g	21%	Total Carb 8g	16%
Sat Fat 3.5g	3.5g	17%	Total Sugars 3g	6%
Trans Fat 0g	0g	0%	Incl 2g Added Sugars	4%
Cholest 0mg	0mg	0%	Sodium 140mg	6%
Sodium 140mg	140mg	6%	Protein 7g	14%
Calories per serving 190				
Ingredients: ROASTED PEANUTS AND SUGAR, CONTAINS 2% OR LESS OF: MOLLASSES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED OIL, MONO AND DILYCIDERIDES, SALT.				

- More ingredients
- Some added sugar (2 grams added sugar, 1 gram naturally occurring)
- Uses palm oil as an emulsifier (does not require stirring)

Nutrition Facts	Amount/serving	% Daily Value	Amount/serving	% Daily Value
Total Fat 16g	16g	21%	Total Carb 9g	18%
Saturated Fat 3.5g	3.5g	18%	Total Sugars 5g	10%
Trans Fat 0g	0g	0%	Incl 4g Added Sugars	8%
Cholesterol 0mg	0mg	0%	Sodium 140mg	6%
Sodium 140mg	140mg	6%	Protein 7g	14%
Total Carbohydrate 9g	9g	3%	Protein 7g	14%
Ingredients: ROASTED PEANUTS, SUGAR, PALM OIL, PEANUT OIL, HONEY, SALT.				

- More ingredients
- Even more added sugar (4 grams of added sugar, 1 gram naturally occurring)
- Uses emulsifier (does not require stirring)



TO STIR OR NOT TO STIR?

To stir: You can buy nut butters that are just nuts and a little bit of salt. As these products do not contain an emulsifier such as palm oil to keep the components of the nut butter combined, you will need to stir them before each use to mix in any oil that has naturally separated out over time.

Not to stir: If buying a nut butter with an emulsifier such as palm oil, look for a product with minimal added sugar.