



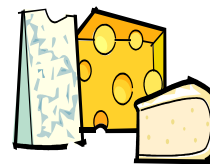
What is it?

- **Dietary Fats**- Butter, Margarine, Cream Cheese, Lard, Salad Dressings, Oils, Shortenings; some are better than other while all promote weight gain, some are better for the heart and blood work



Facts:

- **Diabetes- Primary Dietary Goal** to Lower Saturated Fats & Dietary Cholesterol
Low Saturated Fats and Cholesterol decrease LDL Cholesterol, plasma Total Cholesterol, Triglycerides with mixed effects on HDL Cholesterol
 - **Adding Exercise**- causes a greater decrease in plasma Total and LDL Cholesterol, & Triglycerides; prevents decrease of HDL Cholesterol associated with Low Fat Diets
- **High Carbohydrate/Low Saturated Fats Diet**- increase postprandial levels of insulin, triglycerides, plasma glucose, decreases HDL
- **High Monounsaturated Fat Diets**- have not been shown to improve HbA1C Values or fasting plasma glucose, but may preserve HDL levels & may lower Cholesterol & LDL Levels
- **Omega 3 Polyunsaturated Fatty Acid Supplements**- shown to lower plasma triglyceride levels in Type 2 Diabetes > Polyunsaturated Fats; also beneficial in the treatment of hypertriglyceridemia; also has cardiovascular protective effects
 - **Major Concern**- rise in plasma LDL Cholesterol
- **Trans Fatty Acids**- Vegetable oils made more solid with hydrogenation, similar to Saturated Fats, cause rise plasma LDL Cholesterol, lower plasma HDL Cholesterol, should be limited; **Plant Sterol/Sterols**- have been shown to lower LDL/Total Cholesterol



What can I do?

- **See your Health Care Provider-**
- **See a Registered Dietitian or a FoodFitnessFirst.com Registered Dietitian-** on line for help
 - **Diabetes**- Goal is to limit Saturated Fats, Dietary Cholesterol
 - **Foods with Omega-3 Fatty Acids**- 2-3 servings of Fish per week provide recommended amount
 - **Low Fat Diets**- decrease calories/energy, promote Weight Loss, the Metabolic Profile, ethnic food preferences, and need for Weight Loss will determine the amount of Saturated and Monounsaturated Fats and Carbohydrates in your Diet Plan

