

Mission In Motion

Health & Wellness Weekly Bulletin

September 2012—Cholesterol



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Become a fat expert

The fats you choose to cook with and eat can make a huge difference in your heart health and total cholesterol level. The *Dietary Guidelines for Americans* suggest that most of your dietary fat should come from either monounsaturated or polyunsaturated fats. These are the fats in oils from plants, like olive, corn, canola and other vegetable oils, as well as nuts and peanut butter. To keep your heart healthy, limit your fat intake between 20 to 35 percent of your total daily calories. Also limit the amount of saturated fat (fat from meat and dairy products) and trans fat you eat.

Source: American Dietetic Association

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