



Take Home #8 Healthy Fats

Dear Parents,

Today we discussed the importance of getting a small amount of healthy fats in your child's diet. We emphasized that not all fats are bad and highlighted some sources of good fat [monounsaturated fats (MUFAs), polyunsaturated fats (PUFAs), and omega-3 fatty acids) and some sources of bad fat (saturated and trans- fat). Below is a list of some sources of good fat and bad fat. Try to fit some of these good sources into your meals at home!

Good Fat	Bad Fat
Fish Nuts Seeds Avocados Olive oil Corn oil Canola oil Soybean oil	Regular cheese* Whole milk* Butter Ice cream Marbled cuts of meat Bacon Sausage Cookies Doughnuts

*Note: Cheese and milk are good sources of calcium. Try low-fat or non-fat versions for a healthy source of calcium!

Here are some fun, healthy-fat recipes to make at home with your kids!

Green Monster Goodness

makes 6 servings

2 large ripe avocados
 7 oz tub of hummus
 Pinch of salt
 Squeeze of lemon juice



Blend avocados with hummus. Add pinch of salt and squeeze of lemon. Serve with whole grain pita chips, celery or carrot sticks.

Sea of Apples Sandwich

makes 3 servings

6 oz can tuna, packed in water
 1 apple, diced
 1 stalk celery, diced
 1 tablespoon canola oil mayonnaise
 6 slices whole wheat bread



Combine tuna, apple, celery and mayonnaise in small bowl. Mix well. Spread mixture on bread.