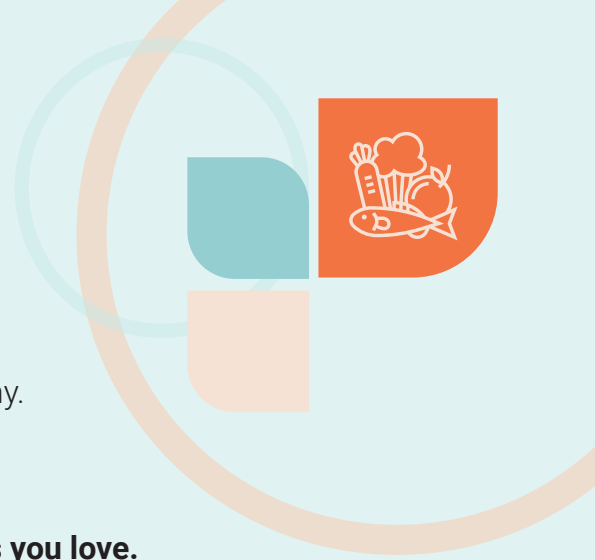


Cut Down on Saturated Fat

Limiting saturated fat in your eating routine can help you stay healthy. And replacing saturated fat with healthier unsaturated fats can help protect your heart.

Learn how to cut down on saturated fat – and still enjoy the foods you love.



What is saturated fat?

Saturated fat is a type of fat in foods and drinks. Most saturated fat comes from animal products like dairy, meat, and poultry. There's often a lot of saturated fat in popular foods like:



Sandwiches, burgers, and tacos



Rice, pasta, and other grain dishes



Pizza



Cake, cookies, and ice cream

And a lot of the saturated fat in those foods comes from ingredients like:

- Fatty meats, like beef ribs, sausage, and some processed meats
- Higher-fat dairy, like whole or 2% milk or yogurt and full-fat cheese
- Butter, stick margarine, heavy or whipped cream, and cream cheese
- Some tropical oils, like coconut and palm oil



What are unsaturated fats?

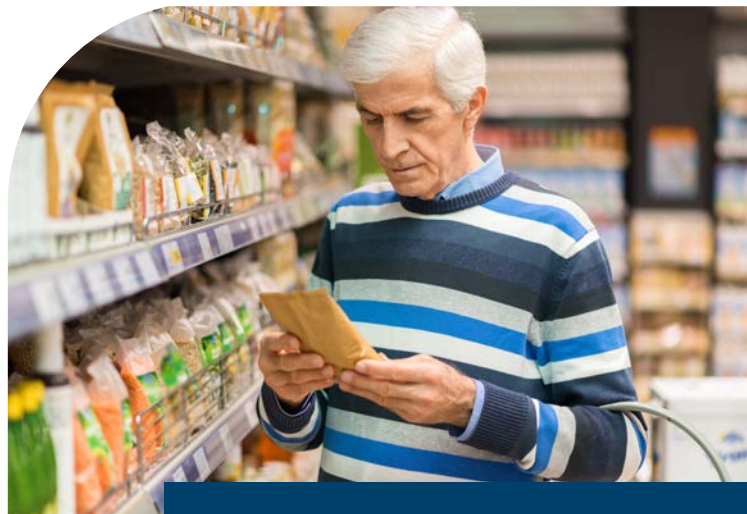
Unsaturated fats are a healthier type of fat. While saturated fat has health risks, **unsaturated fats have health benefits.**

Focus on replacing saturated fat with unsaturated fats from:

- Seafood, like salmon, trout, herring, tuna, and mackerel
- Nuts and seeds, like walnuts, almonds, pumpkin seeds, and flax seeds
- Avocados
- Oils, like olive, canola, peanut, sunflower, safflower, corn, soybean, and vegetable oils

How much saturated fat is too much?

Many foods that are part of a healthy eating routine have some saturated fat. But it's important not to have too much — a simple rule is to aim for **less than 20 grams a day**.



Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Check the label

Check the Nutrition Facts label to see if foods are **low** or **high** in saturated fat. Look at the % Daily Value (DV):

- **5% DV or less** is a **low** source of saturated fat
- **20% DV or more** is a **high** source of saturated fat

More often, choose foods that are lower in saturated fat or have no saturated fat. You can also use the label to find the grams of saturated fat in 1 serving of a food.

You may also see 2 types of **unsaturated fats** on the label: monounsaturated fat and polyunsaturated fat. Try to swap foods higher in saturated fat for foods that have these healthier fats.

Why less than 20 grams?

It's important for adults and children over age 2 to get less than 10% of daily calories from saturated fat. For a 2,000-calorie diet, 10% is 200 calories — and that's about 20 grams of saturated fat.

So 20 grams is a simple limit to remember. But people who get less than 2,000 calories a day may need to limit saturated fat to much less than 20 grams.



How can I cut down on saturated fat?

The best way to protect your health is not just to limit saturated fat – it's to **replace it with healthier unsaturated fats**. That's because switching to unsaturated fats can help lower your LDL cholesterol (the “bad” type of cholesterol) and your risk of heart disease. Try these tips.

Replace saturated fat with unsaturated fats

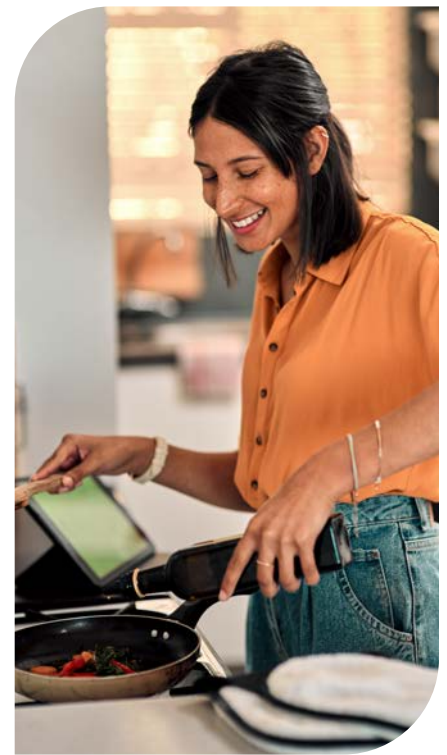
Try these simple swaps to get healthier unsaturated fats in your eating routine:

- Cook with vegetable oil instead of butter or stick margarine
- Snack on nuts instead of full-fat cheese
- Have seafood for dinner instead of fatty meat

Choose lower-fat meat, poultry, and dairy

Animal products can be higher in saturated fat – but you can switch to healthier options:

- Choose lean cuts of beef or pork or lean ground meats
- Go for grilled chicken breast (without the skin) instead of fried
- Buy low-fat (1%) milk, fat-free milk, or low-fat yogurt and cheeses





Cut down on foods higher in saturated fat

If you enjoy foods with saturated fat, have them less often or eat a bit less. Try these tips:

- If you're making tacos, replace some of the meat or chicken in your recipe with fish, beans, lentils, or other veggies
- If you're making stir fry, use less meat and more veggies
- Have a smaller serving of dessert (or have fruit for dessert instead!)

Remember, small changes make a big difference! So **start simple** – begin cutting down on saturated fat today.

- Learn about the Dietary Guidelines for Americans and get more resources to help you eat healthy at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)
- Find more healthy eating tips and recipes at [MyPlate.gov](https://www.myplate.gov)

