LDL, HDL, MUFA's, PUFA's, Omega-3s, Omega-6s, cholesterol, my oh my!...what are all these letters and words?! April’s newsletter is focused around Fat. There is so much to learn and understand, so I hope this newsletter can provide a little bit of insight into the world of fats.

Understanding Cholesterol Numbers

Low-Density Lipoprotein Cholesterol (LDL) – BAD cholesterol
High-Density Lipoprotein Cholesterol (HDL) – GOOD cholesterol
Triglycerides – fats carried in the blood from the food we eat

What do the numbers look like?

**LDL Cholesterol** – cholesterol that can build up on the walls of your arteries and increase your chances of heart disease.
- Less than 100 – Optimal
- 100-129 Near Optimal/Above Optimal
- 130-159 Borderline High
- 160-189 High
- 190 and above Very High

**HDL Cholesterol** – cholesterol that protects against heart disease by taking the ‘bad’ cholesterol out of your blood and keeping it from building up in your arteries.
- 60 and above – High; optimal; associated with lower risk
- Less than 40 in men and less than 50 in women – low; considered a risk factor for heart disease

**Triglycerides** – chemical form in which most fat exists in food and the body.
- Less than 150 – Normal
- 150-199 – Mildly High
- 200-499 – High
- 500 or Higher – Very high

**Cholesterol** – measure of LDL, HDL and other lipid components.
- Less than 200 – Desirable
- 200-239 – Mildly High
- 240 and above – High

(webmd.com)
Face the Fats Quiz
From The American Heart Association

Q1) Which of these fats raise your LDL (bad) cholesterol?
   a. Saturated fats and trans fats
   b. Polyunsaturated fats (PUFAs)
   c. Monounsaturated fats (MUFAs)
   d. Monounsaturated and polyunsaturated fats

Q2) Which of these fats can increase your risk of heart disease?
   a. Polyunsaturated fats
   b. Monounsaturated fats
   c. Monounsaturated and polyunsaturated fats
   d. Trans fats and saturated fats

Q3) Which of these are partially hydrogenated oils closely related to?
   a. Monounsaturated fats
   b. Polyunsaturated fats
   c. Trans fats
   d. Saturated fats

Q4) Which three food items typically contain high amounts of saturated fats?
   a. Nuts, seeds, vegetable oils
   b. Bacon, cheeseburger, whole milk
   c. Avocados, olive oil, canola oil
   d. Salmon, trout, herring

Q5) Which five food items typically contain high amounts of trans fats?
   a. Ice cream, butter, cheese, ribs, lard
   b. Oatmeal, berries, spinach, carrots, peaches
   c. French fries, cookies, shortening, stick margarine, doughnuts
   d. Peanut butter, tub margarine, olives, mayonnaise, beans

Q6) The American Heart Association recommends limiting your saturated fat consumption to less than ____ percent of your daily calories?
   a. 7%
   b. 10%
   c. 15%
   d. 20%

Q7) The American Heart Association recommends most of the fats you eat every day be:
   a. Saturated fats and trans fats
   b. Monounsaturated and polyunsaturated fats
   c. Trans fats and polyunsaturated fats
   d. Saturated fats and monounsaturated fats

Q8) If a food package says “0g Trans Fat”, what is the amount of trans fats that product contains?
   a. 0 gram per serving
   b. Less than 1 gram per serving
   c. Less than 0.5 grams per serving
   d. Less than 0.2 grams per serving

*Answers on next page

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1. **A**- The bad fats, saturated and trans fats, raise LDL (bad) cholesterol levels in the blood.

2. **D**- The bad fats, saturated and trans fats, raise LDL (bad) cholesterol levels in the blood and increase the risk of heart disease.

3. **C**- Partially hydrogenated oils are a source of industrially produced trans fats.

4. **B**- The majority of saturated fats come mainly from animal sources, including meat and dairy products. These foods also contain dietary cholesterol. Many baked goods and fried foods can contain high levels of saturated fats. Some plant foods, such as palm oil, palm kernel oil and coconut oil, also contain primarily saturated fats, but do not contain cholesterol.

5. **C**- Trans fats can be found in fried foods like French fries and doughnuts, and baked goods including pastries, pie crusts, biscuits, pizza dough, cookies, crackers and traditional stick margarines and shortenings. You can determine the amount of trans fats in a particular packaged food by looking at the Nutrition Facts panel. You can also spot trans fats by reading ingredient lists and looking for the ingredients referred to as “partially hydrogenated oils.”

6. **A**- The American Heart Association recommends limiting your saturated fat consumption to less than 7% and trans fat consumption to less than 1% of your daily calories. Translating these percentages into numbers, that means if you eat 2,000 total calories a day, your daily limits should be: less than 15 grams (less than 140 of those calories) from saturated fats and less than 2 grams (less than 20 of those calories) from trans fats.

7. **B**- The American Heart Association recommends most of the fats your eat every day be monounsaturated and polyunsaturated fats, while limiting saturated fats to be less than 7 percent and trans fats to be less than 1 percent of your total daily calories.

8. **C**- The US Food and Drug Administration allows food companies to list the amount of trans fat as 0 grams on the Nutrition Facts panel if the amount of trans fat is less than 0.5 grams per serving. Just note that if you eat several servings from a package that declares “0 grams trans fat”, it is possible to exceed your daily limit of trans fat.

(American Heart Association)

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**What are these Omega-3’s I hear people talking about?**

Omega-3 Fatty Acids have several health benefits (too many to list here!) and are considered essential fatty acids, because the human body cannot make these compounds, but they are crucial for your body to function. Omega-3 Fatty Acids play an important role in cognitive and behavioral function, as well as normal growth and development. They may also reduce the risk of heart disease.

**Important Omega-3’s include:**

- **alpha-linolenic acid (ALA)** – canola oil, soybeans, walnuts, flaxseed

- **eicosapentaenoic acid (EPA)** – fish and fish oils such as cod liver, herring, mackerel, salmon, sardines.

- **docosahexaenoic acid (DHA)** – fish, such as salmon, tuna, bluefish, mackerel, swordfish, anchovies, herring, sardines and caviar.

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What’s New at Food Gatherers?

Meet Kelsey Cauley, our new AmeriCorps member who will act as our Community Resource Navigator, part of the Michigan Benefits Access Initiative. Kelsey will be able to help people apply for the following assistance programs all in 1 step:

- Food Assistance
- Cash Assistance
- Medical Assistance
- Utilities & State Emergency Relief
- Child Care

For more information, contact Food Gatherers.
Tuna-Pasta Casserole
(American Heart Association)
Serves: 4
Serving size: ½ cups

Ingredients:
4 oz dried whole-wheat rotini
Cooking spray
1, 16-oz bag frozen mixed vegetables
2, 5.5-oz cans low-sodium chunk light tuna, packed in water
1, 10.75 oz can low-fat condensed cream of chicken soup (lowest sodium option available)
½ cup chopped bottles roasted red bell peppers
½ cup fat-free half-and-half
1 teaspoon all-purpose seasoning blend
½ cup lightly crushed low-sodium whole-grain crackers
½ cup shredded or grated Parmesan cheese

Instructions:

Prepare the pasta using the package directions, omitting the salt and oil. Drain well in a colander. Transfer to a large bowl. Meanwhile, preheat the oven to 350°F. Lightly spray a 2-quart glass casserole dish with cooking spray.

Stir the mixed vegetables, tuna, soup, roasted peppers, half-and-half, and seasoning blend into the pasta until combined. Transfer to the casserole dish. Sprinkle with the crackers and Parmesan cheese.

Bake, uncovered, for 25-30 minutes, or until the casserole is warmed through and the topping is golden brown.

Nutrition Facts Per Serving: Calories 400, Total Fat 7g, Saturated Fat 2.5g, Polyunsaturated Fat 2.0g, Monounsaturated Fat 2.0g, Cholesterol 30mg, Sodium 537mg, Dietary Fiber 8g, Protein 32g

For more information, questions, comments or concerns,
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