



MACRONUTRIENTS FOR EVERYDAY FUELING

DIETARY FATS



FUNCTION OF FATS

1. Low Intensity Energy Source

Provides energy during lower Intensity exercise, In cold environments, and during starvation because It's the major form of stored energy.

2. Insulates and Protects

Dietary fat Insulates the body, protects, organs, and serves a structural role In cells.

3. Transports and produces key hormones and nutrients

Helps transport fat soluble vitamins and other nutrients to various parts of the body. Dietary fat Is also needed for production of key hormones.

4. Taste and Satiety

Fats add taste to foods and also satisfy your hunger due to the caloric density that they carry (9 kcal/g) and can be slower to digest than some carbs and protein - which is why we want to limit fat before exercise!

STRATEGIES TO REDUCE SATURATED FATS

- Use oils when preparing and cooking foods
- Limit fried foods and try baked, broiled, stir frying, grilling, roasting, and steaming.
- Consume lean sources of protein such as fish, skinless chicken and turkey.
- Eat or drink reduced-fat or non-fat milk, yogurt, or other dairy products.
- Cut visible fat off meat and drain excess after cooking.

TYPES OF FAT

Unsaturated fats are better choices because they are beneficial to your health. Saturated fats can increase the risk of chronic health diseases.



UNSATURATED FATS - "HEALTHY FATS"

Monounsaturated (MUFA) and Polyunsaturated Fats (PUFA), generally liquid at room temperature.

Oils, nut butters, nuts, seeds, fatty fish, avocado

OMEGA-3 FATTY ACIDS

Considered unsaturated fats (PUFA) Important for cell and tissue development and, particularly, heart and brain health. Omega-3s protect the brain and nervous system after a TBI.

Salmon, Herring, Tuna, Sardines, Chia seeds, Walnuts



SATURATED FATS

Generally solid at room temperature and mainly found In animal products.

Whole Milk Dairy products, butter, coconut oil, fatty meats, fried foods, processed foods, desserts



Fats contain more than twice as many calories per gram as carbs and protein, so be mindful of your portion sizes especially If you're trying to maintain a healthy weight!