



I LOST IT AT THE CLUB TIP #3

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Trainer Tip of the Week from [Ruthann Clark](#)

FAT FACTS

Yes, we do need fats they are essential to give our body energy and to support cell growth. Fats also help our body absorb some nutrients and produce important hormones. Your body definitely needs fat – but not as much fat as most people eat.

The major fats in foods are saturated fats and trans fat (the “bad” fats), and monounsaturated fats and polyunsaturated fat (the better choices). The different fats can have different effect on our health.

How much fat and what are the daily limits? Listed below percentages for 2,000 calories a day. Many of you are on less than that total for a day – make adjustments. Remember not to be below 1,200 calories daily.

Saturated fats: Less than 7% of total daily calories. If you eat 2,000 calories a day, less than 140 calories (15 grams) can be from saturated fats.

Trans Fats: Less than 1% of total daily calories. If you eat 2,000 calories a day, less than 20 calories (2 grams) should be from trans fats

Monounsaturated Fats: Total should be about 25% to 35% of total daily calories. Eat foods with monounsaturated or polyunsaturated fats instead of saturated or trans fats.

Polyunsaturated Fats: Total fats should be about 25% to 35% of total daily calories. Eat foods with monounsaturated or polyunsaturated fats instead of saturated or trans fats.

How do you know – read your food labels and check the fat content!

Remember all fats are equally high in calories relative to carbohydrate and protein. No matter the source, if you eat more calories than you burn, you will gain weight. To avoid weight increase, control the total amount of calories you take in. For healthier food choices replace the “bad” fats with the “better” fats.

Source: American Heart Association

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