

Article review: face the fats

[Nutrition](#)



**ASSIGN
BUSTER**

FATS HEATHER FRANKS SCI/241 August 2, 2012 According to the "Face the Fats" article we have bad fats, better fats, and best fats. Bad fats are considered saturated fats and trans fats. Bad fat is anything with butter on it or in it. Examples of saturated fat items would be steaks, loaded potatoes, and deserts as well. Examples of trans fats would be anything deep fried like fast food French fries or fried chicken. Better fats are monounsaturated fat and polyunsaturated fat. These fats are better for you and are not as bad on your hear health. Examples of better fats would be olive oil and canola oils. Polyunsaturated fats contain omega 3 and omega 6. In order to find the amount of these fats you should subtract your saturated and trans fats and you are left with mono and poly. The best fats would be the fats your body needs like omega 3. Saturated fat is anything that has butter in it. Mostly found in fast food restaurants. This fat is derived from animal products and comes from dairy, meat, and eggs. Unsaturated fat is derived from plant products. Trans fatty acid is the process of adding hydrogen to vegetable oil this is really bad for your cholesterol. Hydrogenated fat is when hydrogen is added to liquid oil and it is turned in to a solid form like Crisco. Trans fatty acids are harmful to your cholesterol levels. The function of lipids in the body is for energy storage in the body. Lipids are also the difference between good and bad cholesterol. The function of fiber in the body is to pass through the digestive system and break down the nutrients. Good sources of dietary fiber is a high fiber diet which could include food sources such as turnip greens, mustard greens, collard greens, navy beans, eggplant, raspberries, and cinnamon. You can also take fiber supplements sold at Wal Mart, most drug stores. and groceries stores. " Men 50 years of age and younger should consume at least 38 grams of fiber per day, while men older than 50 years of

<https://assignbuster.com/article-review-face-the-fats/>

age should aim for at least 30 grams of fiber daily. Women 50 years of age and younger should consume at least 25 grams of fiber per day, while women older than 50 years of age should aim for at least 21 grams of fiber daily. " (Family Doctor. Org, para. 3) The difference between soluble fiber and insoluble fiber is that soluble fiber dissolves in water such as Metamucil that you buy in the grocery store and insoluble fiber does not dissolve which would be fruit or whole grains. The number one benefit to a high fiber diet in my opinion would be that it is good for your digestive tract and it keeps you regular. A high fiber diet is also good for weight loss which cuts back on heart disease. Insoluble fiber reduces the risk for colon cancer. Soluble fiber also reduces the risk of blood cholesterol and lowers your risk of cardiovascular (heart) disease. (Family Doctor. Org, para. 3)