

JULY 2021, ISSUE 5: FATS & OILS

SUMMER SPLASH

NUTRITIONAL DEVELOPMENT SERVICES SUMMER MEALS PROGRAM



WELCOME!

Welcome to the Nutritional Development Services (NDS) Summer Meals Program! We are thrilled that you are partnering with us to provide children with nutritious and delicious meals this summer!

This is the last Summer Splash issue for Summer 2021, so while we're sad to see you go, look out for us next year!

this week's issue:

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FATS: UNHEALTHY FOR YOU?

This week, we discuss FATS & debunk the myth that all fats are bad for you! Despite the negative associations that often come with the word “fat,” it is imperative that we incorporate some fats into our diet as they do provide us with several health benefits! Keep reading to learn more about the different types of fats, which sources of fat are best for you, and some excellent ways to incorporate fats into your meals!

To begin, where do we find fat? Fats are naturally found in red meats, dairy, and are also added into baked goods.

Do we need to eat fats? Yes! Just like the other food groups, fats play an important role in our bodies. Fats aid in growth, vitamin absorption, the formation of hormones, and insulation.

DIFFERENT TYPES OF FAT?

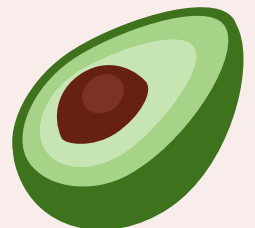
When discussing fats, you’ll often hear that there are “good” fats and “bad” fats. But, what makes a fat good or bad? When classifying fats, you may hear one of two terms: unsaturated or saturated. Unsaturated fats are the “good” fats, which may be found in plant foods such as avocados and olives, or fish, such as in salmon. These fats benefit heart health and help our bodies to absorb more of the vitamins that we may be consuming from other foods. Other common sources of unsaturated fats are oils like soybean, corn, canola, and olive oils as well as different types of nuts.

Saturated fats are found naturally in red meats and are also found in baked goods and fried foods. Because eating too much saturated fat can increase our risk of heart disease and other illnesses, it is important to be mindful of how much and how often we are eating these fats. Common sources of saturated fat include beef, butter, and cheese (of course, some cheeses are higher in saturated fat than others).

One other type of fat that is also important to look out for and consume in moderation like saturated fats is trans fats. These are also labeled as “hydrogenated” or “partially hydrogenated” oils. Trans fats are found in products like margarine and are often used in baked goods, fried foods, processed snacks, etc. Like saturated fats, trans fats can increase the risk of heart disease. You don’t need to cut fats from your diet, but be mindful about the amount and types of fat you choose.

So, now that you know that it is important to incorporate some fats into your meals (specifically unsaturated fats), let’s take a look at some of our favorite sources of fat:

- Fish: Salmon, herring, tuna, anchovies
- Nuts: Walnuts, almonds, cashews, macadamia, etc.
- Seeds: Pumpkin, sunflower, flax, chia
- Fruits/Vegetables: Avocados, olives, edamame
- Heart-healthy oils: Olive, canola, vegetable, soybean, safflower
- Additional sources: eggs, yogurt, lean protein such as chicken/turkey



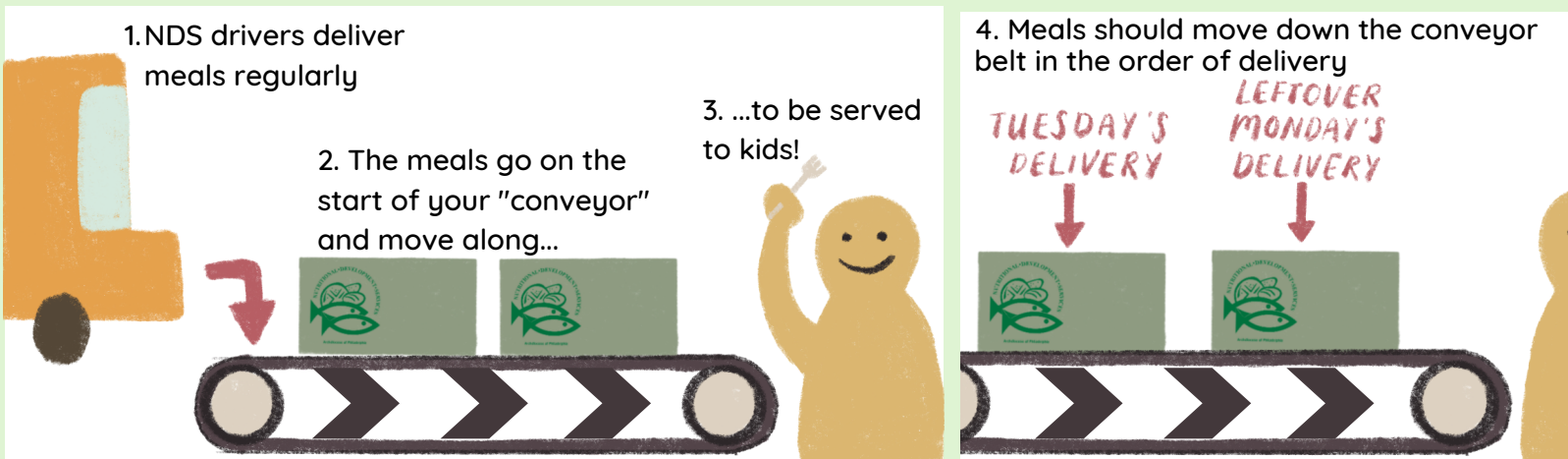
When thinking about incorporating fat into your diet, consider these helpful tips & remember, that everything in moderation is okay!

1. Opt for unsaturated fats over saturated fats and omit trans fats
2. Swap out meals based around meat, for fish at least two times per week
3. Swap out solid fats for liquid oils (i.e use olive oil or canola oil instead of butter when cooking or baking)

FIFO

First In, First Out (FIFO) means serving meals in the order you receive them! Doing this prevent food waste, improves inventory management, and ensures food is fresh.

To practice FIFO, it can be helpful to imagine your meals moving on a conveyor belt



5. Make sure that meals don't "skip" the line!



Helpful FIFO Tips

- Take out leftover meals and place them at the front of the fridge, putting newer meals at the back. That way, you won't forget them!
- Have any questions about FIFO or shelf lives? Call the NDS office!

Foods & Snacks with Healthy Fats

1. **Avocado** - Avocados are a delicious, buttery fruit that provide many great nutrients and healthy fats. You can mash them to make guacamole, slice them up for avocado toast or a sandwich, and even use them to make fudgy chocolate brownies!
2. **Nuts and Seeds** - If you're craving a snack, try a handful of pumpkin seeds, sunflower seeds, walnuts, almonds, or other nuts. They're packed with healthy fats and have a great crunch, while also being easy to take on-the-go.
3. **Eggs** - Eggs are an inexpensive way to get a variety of essential nutrients, and you can prepare them in so many different ways. You can eat them on their own hard-boiled, fried, or scrambled, or put them in a salad or a sandwich for an even more filling meal.
4. **Beans** - Beans are another great inexpensive option that provide healthy fats as well as countless other nutrients. You can eat them alone with rice, add them to soups and salads, or incorporate them into almost any dish.
5. **Cheese and Yogurt** - Low-fat cheese and yogurt, both dairy products, contain healthy fats as well as other important nutrients like calcium. While they can both be consumed alone, try pairing cheese with different fruits and crackers for a more balanced snack, and adding spices to yogurt to make a delicious and refreshing dip.

LOW-FAT COOKING TIPS

Let's take a look at how we can make a few of our favorite meals just a little more nutritious! This is not to say that eating these foods in moderation is not okay, but it is always a good idea to incorporate nutritious ingredients into our meals AND it is always fun to experiment with new recipes!

Chicken nuggets

- Coat skinless boneless chicken breasts in whole wheat breadcrumbs, panko, or almond flour instead of regular breadcrumbs or all-purpose wheat flour
- Bake chicken nuggets in oven using olive oil spray, rather than deep-frying with olive oil
- Cook until the internal temperature of the chicken reaches 156°F

Mac & Cheese

- To make mac & cheese from scratch more nutritious, try using whole wheat pasta in place of regular pasta.
- You may also use low- or reduced-fat milk and/or cheese to reduce the fat content of the dish.
- For boxed mac & cheese, add extra vitamins to your mac & cheese with spinach, broccoli or stewed tomatoes.

French fries

To make French fries a little healthier:

- Choose to bake in the oven rather than deep frying them
- Rather than coating the potatoes in flour, spray the potatoes with olive oil and sprinkle them with your other favorite seasonings!



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