



Health *focus*

FATS: *The Good, the Bad, the Ugly*

Fats have been vilified over the years, but the truth is, fats are an essential part of our diet. Fats are an important source of energy, and they contribute to the absorption of vitamins, make up cell membranes, allow for healthy hair and skin, protect our organs and insulate our bodies.

It is important to remember that even though we need fats, moderation is key and all fats are not equal.

So what's the rule when it comes to fats? 20-35% of all the calories we eat should come from fats. Most of the fats we eat should be unsaturated fats, we should eat fewer saturated fats, and almost no trans fats.

Unsaturated Fats These are also known as the "good fats" and come from sources such as vegetable oils, nuts, seeds, and fish. Usually they are liquid at room temperature.

Unsaturated fats are good for us because they help to lower LDL "Bad Cholesterol" and raise HDL "Good Cholesterol." Since our bodies don't make unsaturated fats it is important to eat foods that have them. Some good sources include

walnuts, flaxseeds, salmon, and avocados.

Saturated Fats are the "bad fats" and are usually solid at room temperature. Saturated fat raises LDL "Bad Cholesterol" and lowers HDL "Good Cholesterol." We make saturated fat in our bodies naturally so we don't need to eat a lot of it. Foods that have saturated fat include meat, fish, milk and dairy products, coconuts and coconut oil, and palm oil. It's okay to eat foods with saturated fat, but you want to limit how much you consume.

Trans Fats These are the "ugly fats" and you should try to consume as little of them as you can. A very small amount of trans fats occur naturally, but most come from hydrogenated vegetable oils-liquid oils that have been processed into solids. You are likely to find trans fats in commercially prepared baked goods, snack foods, processed foods, and certain margarines.

1 Tablespoon of oil is equal to about 14 grams and has approximately 120 calories.

Visit the following websites for more information about fats.
www.americanheart.org
mypyramid.gov

TRIVIA

So You Think You Know About the Bay Area?



Question: How did Palo Alto get its name?

Answer: Palo Alto got its name from a historic landmark called El Palo Alto, a coast redwood tree.

El Palo Alto, meaning "the tall stick" is 110 feet tall, 90 inches in diameter and over 1,000 years old. It is the official seal of both the city of Palo Alto and a certain educational institution whose name need not be mentioned at this time. (Shhh! It's Stanford).

Take a day trip and ride Caltrain down to Palo Alto and see the giant tree for yourself. There are also some great open areas and nature preserves for hiking or a nice walk.

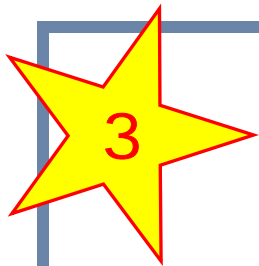
Question: In what year did rail service begin in San Mateo?

Email your answer to:
pmielbeck@uhs.berkeley.edu
and get entered into the prize drawing. Good luck!



Announcements

- ◆ Happy Independence Day! Take a time-out, eat some good BBQ and have some apple pie. You deserve a break, so have some fun!!



Nutrition Challenge: Eat the Rainbow

Eat at least 1 fruit or vegetable from each color group every day

Red	Orange/Yellow	Green	Blue/Purple	White
Examples: Apples Cherries Strawberries Tomatoes Radishes Beets Red Potatoes	Examples: Squash Pears Oranges Pineapple Carrots Sweet Corn Mangos	Examples: Asparagus Kiwis Lettuce Avocado Spinach Limes Zucchini	Examples: Eggplants Figs Plums Raisins Blueberries Blackberries Grapes	Examples: Bananas Mushrooms Garlic Onions Cauliflower Potatoes Ginger

Fruits and vegetables are vital to a nutritious and healthy diet. They are naturally low-fat, low-calorie, cholesterol free, and high in fiber, vitamins and minerals. Fruits and vegetables are also great because they can help protect you from getting certain chronic diseases including stroke, certain cancers, heart disease, and type 2 diabetes. Most people need to increase the amount of fruits and vegetables they eat in order to get the recommended amount. The current dietary guidelines recommend 4½ cups (9 servings) of fruits and vegetables a day for someone who eats a 2,000 calorie diet.

Here are some suggestions for increasing your consumption of fruits and vegetables:

- Add fruit to your cereal.
- Keep canned, dried, or frozen fruits and vegetables around for easy access. (Make sure they don't have added sugar, syrup, or salt).
- Dip veggies in hummus for a snack.
- Keep cleaned and cut veggies or fruit in the refrigerator for an easy to grab snack.
- Slice up fruit with some cheese for a snack.
- Add veggies like mushrooms, bell peppers, or avocado to an omelet, or add apples, pears, or beans to a salad.
- Try to eat one vegetarian meal a week. The Curried Date and Carrot Soup with a salad and a nice loaf of bread is just one option.

Healthy Recipe of the Week

Curried Date Carrot Soup

Serves 4

Ingredients

- 2/3 cup pitted dates
 - 1 onion, chopped
 - 2 stalks celery, chopped
 - 2 cloves garlic, minced
 - 1 Tbsp ginger, minced or 1 tsp ground ginger
 - 1½ Tbsp olive oil
 - 2 Tbsp flour
 - 1 (14oz) cans low-sodium chicken broth
 - 2 ½ cups sliced carrots
 - 1 tsp ground cumin
 - ½ tsp curry powder
 - 1 pinch cayenne pepper
 - 1 pinch black pepper
 - 1 Tbsp lemon juice
- Chop dates and set aside. In a

heavy saucepan, sauté onions, celery, garlic, and ginger in oil over medium heat for 3-4 minutes or until translucent. Remove from heat and stir in flour. Return to heat and cook for 1-2 minutes, then whisk in chicken broth. Stir in carrots, cumin, curry powder, cayenne, and black pepper. Bring to a boil, reduce heat, cover and simmer 10 minutes, stirring occasionally. Stir in dates and simmer another 5-10 minutes, or until carrots are soft. Remove from heat and puree in a blender until smooth. Pour back into pan. Stir in lemon juice and return to cook top until thoroughly heated. Spoon into bowls and garnish with a spoonful of plain yogurt.

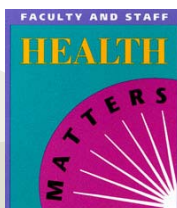
Nutrition Information

Serving Size ¼ of recipe
1 cup of fruits and vegetables per serving

Amount per serving

Calories 210
Calories from Fat 50
Total Fat 6g
Saturated Fat 1g
Cholesterol 5mg
Sodium 170mg
Total Carbohydrate 38g
Dietary Fiber 6g
Sugars 25g
Protein 5g

-Centers for Disease Control & Prevention



Health*Matters
University Health Services
3100 Tang Center
2222 Bancroft Way
Berkeley, CA 94720-4300