

FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT
AND THE AMERICAN COUNCIL ON EXERCISE

Fuel for the Fire ~ Fats

Sources of Saturated Fats

*(These should be avoided
whenever possible)*

Coconut Oil
Palm Kern Oil
Butter
Red Meat
Eggs
Cream
Cheese
Whole Milk



Diseases associated with high fat intake

Diabetes
Heart Disease
Cancer
High Blood Pressure



Fats

Fats are an essential part of every cell. They maintain the health of the skin and hair; provide insulation and protection for body organs; help transport fat soluble vitamins (A, D, E, and K); and provide concentrated sources of energy. In excess, fats are associated with several diseases.

There are two main types of fats: Saturated and Unsaturated. Most health risks are associated with saturated fats. Recent research is beginning to show that unsaturated fats, specifically monounsaturated fats are very beneficial to optimal health.

Fat should not provide any more than 30% of your total daily caloric intake. Furthermore, the majority of your fat intake should come from monounsaturated and polyunsaturated sources.

Ways to Cut the Fat

- ❖ Limit intake of red meat.
- ❖ Trim all the visible fat off of meat.
- ❖ Drink 1% or skim milk instead of full.
- ❖ Limit use of dressings and mayonnaise.
- ❖ Reduce your portions.
- ❖ Avoid fried foods.
- ❖ Eat more fruits and vegetables.
- ❖ Eat more egg whites than yolks.

