

# Special Topics

## Healthy Fats

### Marketing Tip:

The fourth page of this document is a flyer to promote the class. Fill in the date, time and the club address and phone number. Take this flyer to primary care physicians in your area. Heart disease is the leading cause of death and this class can help their patients adopt a heart healthy diet.

### Coach's Instructions:

1. Open class with one or more of the suggested opening questions.
2. Play Healthy Fats DVD.
3. DVD will prompt self quiz.
4. Close with one or more of the suggested closing questions.
5. Sell Omega-3 supplements.

### Opening Discussion Questions: (options)

- What types of fat have you heard of? Do all of the names get confusing?
- What foods do you think contain healthy fats? Unhealthy fats?

### Activity:

**Materials needed:** Healthy fats self quiz and handout- both are attached to this document. Make enough copies for the group.

**Coach:** Give participants the self quiz when prompted to on the DVD. The DVD will review the quiz. Give participants the informational handout as they leave.

### Closing Discussion Questions: (options)

- Have you been eating healthier fats since you have been on the Curves plan?
- After watching this DVD, what are some healthy fats that you would like to incorporate into your diet?

### Sell Product

As the DVD explained, the majority of people are not getting enough Omega-3 in their diet. If your members don't have heart disease they need 2 servings of fatty fish per week and/or 2 capsules of Curves Omega-3 per day. If your members have heart disease or diabetes they should have 4 servings of fatty fish per week and/or 4 capsules of Curves Omega-3 per day.

Curves Omega-3 is a quality product derived from wild fish. It is cholesterol free and free of mercury and other heavy metals.

The logo for Curves, featuring the word "Curves" in a stylized, cursive font.

# Healthy Fats

## Self Quiz

**Place a check next to the items that you typically eat.**

1.  French fries
2.  Low fat yogurt
3.  Hamburger
4.  Low fat cottage cheese
5.  Bacon
6.  Skim or 1% milk
7.  Sausage
8.  Salmon
9.  Butter
10.  Avocados
11.  Vegetable oil
12.  Almonds
13.  Ice Cream
14.  Chicken Breast
15.  Half & half (creamer)
16.  Olive oil
17.  Chips
18.  Cashews
19.  2% or whole milk
20.  Flax
21.  Pizza
22.  Low-fat cheese
23.  Whole milk cheese
24.  Canola oil
25.  Margarine
26.  Tuna
27.  Candy
28.  Turkey breast
29.  Ice Cream
30.  Shrimp

*Curves*

# Healthy Fats

Nadia Rodman, RD

**Think about it...your morning latte...a bag of M&M's...an avocado...a handful of almonds.** Can you figure out what these have in common? All four are high in fat. But did you know that the avocado and almonds are high in the GOOD fat? So many people automatically think bad when they hear the word "fat." The good news is that not all fat is bad for you. To fully understand the fat dilemma, we need to explore the good, the bad and the ugly about fat.

But with all the names—saturated, unsaturated, trans, omega 3—it can get confusing. Let's try to break it down. Fats can first be divided into two main categories—saturated fats and unsaturated fats.

Saturated fats come from animal products, such as butter, high fat dairy products and the white marbling on meat. Saturated fats are the number one dietary contributor to high cholesterol. The American Heart Association recommends that saturated fat should not make up more than 10% of your diet on average—about 20 grams of saturated fat on an average 2,000 calorie diet.

There are actually two types of fats within the unsaturated fats category—mono and poly unsaturated fat. Olive oil, canola oil and avocados are great examples of monounsaturated fat. These are very healthy for you.

Most plant oils such as Safflower, sunflower, corn and soybean oil are polyunsaturated fats. Omega-6 and Omega-3 fatty acids also fall into this category. While both Omega-3 and Omega-6 fats are essential to our bodies, the typical Western diet contains far too many Omega-6s and not enough Omega-3 fats. The best source for Omega-3 is fatty fish. Walnuts and flax are also good sources, but fish is the best. The best way to limit your Omega-6 is to choose olive oil over vegetable oil; limit fried foods and chose more whole foods (fewer things out of a box).

And finally, there's trans fat. Much of the health news lately has been about trans fat. There are no benefits or safe levels for the consumption of trans fat. The American Heart Association recommends that individuals should not eat more than 2 grams of trans fat per day, but should do their best to avoid trans fat altogether. Trans fats increase the shelf life of processed foods, so you can expect to find trans fats in processed things like boxed crackers and cookies. Trans fats are also found in traditional margarine and fried foods. The easiest way to limit the amount of trans fat is to stay away from products with partially hydrogenated oil.

## **Here are a few quick tips for you to work healthy fats into your diet:**

1. Choose lean proteins.
2. Choose olive oil over butter or traditional margarine.
3. Snack on nuts.
4. Enjoy avocados.
5. Feast on fish.

*Curves*



August Health Topic:  
**Healthy fats**

Are you confused about which fats are good for you and which ones are not? Don't miss the Healthy Fats Weight Management Class at Curves so that you can be confident you are choosing the right ones.

DATE:

TIME:

*Curves*  
**WEIGHT MANAGEMENT PLAN**  
FREE TO MEMBERS AND NON-MEMBERS