


# Fat is Up to Bat

Saturated fats may be bad for your health when eaten in large amounts. It can be as easy to remember as



**3 strikes, you're out!**

## Saturated Fat:

May increase blood pressure

STRIKE 

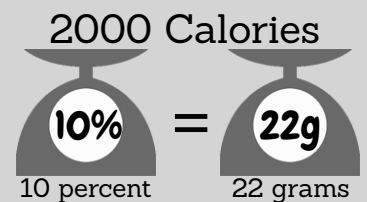
May have a negative impact on circulation

STRIKE  

May lead to strokes and other chronic heart diseases.

STRIKE   

SATURATED FAT SHOULD BE **less than 10%** OF TOTAL CALORIES ACCORDING TO THE DIETARY GUIDELINES FOR AMERICANS 2015-2020. ON A 2,000 CALORIE EATING PATTERN, THIS WOULD BE NO MORE THAN 22 GRAMS.



**Don't strike out. Choose foods lower in saturated fat.**

### Sat Fats Line up

Player	Saturated Fat per serving
Coconut Oil	12 grams
Butter	7 grams
Palm Kernel Oil	11 grams
Chicken Fat	4 grams
Lard	5 grams
Palm Oil	7 grams
Cream	1.5 grams
Shortening	3 grams
80/20 Ground Beef	5 grams



### Oilers Line up

Player	Saturated Fat per serving
Olive oil	2 grams
Canola Oil	1 gram
Salmon	2 grams
Avocado	0.5 gram
Walnuts	1.5 grams
Soy "Edamame" Beans	1 gram
Sunflower Seeds	1.5 grams
Peanuts	2 grams
Tuna	0.5 gram

Data gathered from USDA Nutrient Database



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