Fat: Public Enemy Number 1

Americans eat too many saturated, hydrogenated, and processed fats. These harmful fats, along with too much sugar in the diet, have been linked to health problems such as obesity, heart disease, diabetes, and cancer.

What harmful fatty foods do we eat? You might be surprised! Some harmful high-fat foods are hot dogs, french fries, potato chips, and fried foods in general. Chocolate, ice cream, pies, doughnuts, cakes, and cookies are loaded with the wrong kinds of fat as well. They are also very high in sugar.

There are three kinds of fat. They are saturated, monounsaturated, and polyunsaturated. Most saturated fats raise the blood cholesterol levels. Monounsaturated fats are actually good for you. Olive oil, fish oil, and flax oil are good sources of healthy fats. Monounsaturated and polyunsaturated fats either lower or have no effect on blood cholesterol.

It is important for you to know what kinds of fats and sugars are in the foods you eat.