Fats: Eating the Right Kinds!

Fats are nutrients in food that the body uses to build nerve tissue and hormones. The body also uses fat as fuel. If fats in food aren’t burned as energy or used as building blocks, they’re stored by the body in fat cells. Fat gives food flavor and texture, but it’s also high in calories and excess amounts of fatty foods may be harmful to you. There are good fats though – the unsaturated fats:

- These fats are found in plant foods and fish and may help your heart.
- There are monounsaturated fats found in avocados, olives, and peanuts.
- The polyunsaturated fats are found in most vegetable oils.
- The omega-3 fatty acids are found in oily fish like tuna and salmon.

It is crucial for fat to stay a part of a child’s diet. Fat plays important roles in brain development. Children should get about 25% to 35% of calories coming from fat. Choose foods wisely to keep their heart healthy. Choose to eat smart!