



Eat Healthy Fats

CHALLENGE

Choose healthy fats to improve your health

Requirements to complete this HEALTH CHALLENGE™

1. Read "Eat Healthy Fats."
2. Create a plan to add more healthy fats to your diet.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Butter. It's one of the attractions that brings close to 100,000 people a day to the Iowa State Fair every year.

But the droves of people aren't looking for a pat of butter on toast, a biscuit, or corn-on-the-cob.

They come to see the Butter Cow sculpture and

other butter-themed creations made by Sarah Pratt, the fair's resident butter sculptor.

The famous Butter Cow sculpture has been an Iowa State Fair tradition for more than 100 years. It's a life-size replica of a cow made from 600 pounds of pure-cream butter.

And if you did carve it up into single-serving pats of butter, it would be enough to butter 19,200 slices of toast. That's a lot of butter.

Pratt's creations might be nice to look at, but butter and other foods that contain saturated or trans fats can clog your arteries and increase your risk for chronic diseases.

Health professionals recommend avoiding or limiting bad fats. However, your body needs good fats to protect your health and provide you with energy.

Skip the butter on your morning toast and take the month-long Health Challenge to Eat Healthy Fats.

Fat Facts Quiz

How much do you know about healthy fats? Take the quiz to find out.



T F

1. Most fruits and vegetables contain some healthy fats.
2. Olive oil is not any healthier than butter or margarine.
3. Saturated fats and trans fats can raise cholesterol levels and increase the risk for a heart attack or stroke.
4. Some major sources of unhealthy fats for many people are red meat, pizza and milk.
5. Eating plant-based foods is the best way to add more healthy fats to your diet.

How did you do? Olive oil is a healthier option than butter, margarine and vegetable oil. Eating more whole, plant-based foods and healthy fats can help lower bad cholesterol levels, increase good cholesterol levels and prevent disease.

Answers: 1. True 2. False 3. True 4. True 5. True.

Cholesterol Levels & Your Diet

The type of fats you eat can have a big impact on cholesterol levels.

Having high cholesterol puts you at risk for heart disease and stroke.

Both are leading causes of death in the United States that claim the lives of about 857,000 people a year.¹

- **Total cholesterol.** An estimated 94 million adults in the U.S. have total cholesterol levels higher than normal.²
- **Only 1 out of 3 adults** with high cholesterol has the condition under control.
- **There are no symptoms.** Many with high cholesterol don't even know it.



Infographic:
7 tips to control
cholesterol
<https://tinyurl.com/438vy3uk>