

## Academy of Nutrition and Dietetics (AND) Updates on Dietary Fat

A January position paper from AND says that healthy adults should consume 20-35% of their calories from dietary fat, increase their consumption of omega-3 fatty acids, and limit their intake of saturated and trans fats. AND recommends the following:

- A simple and effective way to improve health is to eat more fish, nuts, and seeds and to consume fewer desserts and convenience foods.
- Fat is a critical nutrient, and certain types of fat, such as omega-3s and omega-6s, are needed for good health. For this and other reasons, a fat-free diet is not recommended.
- Fish is an excellent source of the omega-3s EPA and DHA; flax, walnuts, and canola oil are good sources of ALA omega-3.
- Both the amount of fat (how much) and the type of fat (what foods) in the diet can affect health and risk of disease.
- Different foods provide different types of fat. Some fats improve your health (omega-3s help your heart and brain), while some are detrimental to your health (trans fat raises the risk of heart disease).

*Reference: January issue of the Journal of the Academy of Nutrition and Dietetics (114;[1], 136-153), "Dietary Fatty Acids for Healthy Adults."*

