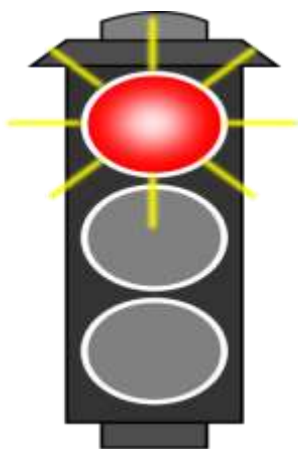


October: The Skinny on Fat

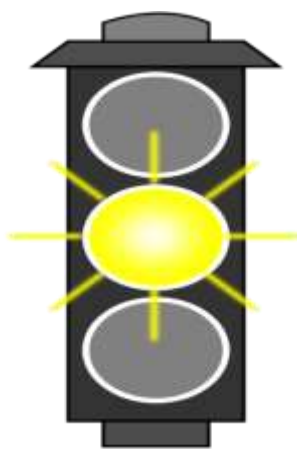
Dietary fats are nutrients found in foods that supply calories and help the body to absorb certain vitamins. They can be found in both plant and animal foods, but leading health organizations recommend that plants provide most of the fat in our diets. Although most plant foods like vegetables, fruits, whole grains and beans are naturally low in fat, some, such as avocados, nuts, seeds and oils are naturally high in fat. These high-fat plant foods also contain vitamins, minerals, fiber and health-protective phytochemicals, so small to moderate amounts of these foods are part of a cancer-fighting diet.

Choosing Fats Wisely



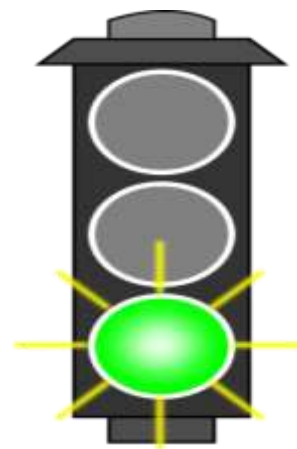
Stop!: avoid Trans Fat

Although the effect of Trans Fats on cancer risk is not yet known, these fats have been strongly linked to an increased risk of heart disease. Check the ingredients list and avoid products that contain partially hydrogenated oils.



Yield!: limit Saturated Fat

Diets high in Saturated Fat are also linked with cardiovascular disease risk. Foods to limit include high-fat red meats, full-fat dairy, pastries, lard and certain oils, like coconut and palm kernel oil.



Go!: choose Unsaturated Fat

Substituting Unsaturated fats for saturated and trans fats can **lower your LDL ("bad")** cholesterol. Olives and almonds are examples of foods containing Unsaturated Fats. Omega-3 fats may be especially beneficial to health. These fats can be found in fatty fish, walnuts and flaxseed.

Note: If you are currently undergoing cancer treatment, defer to your physician's nutritional recommendations.