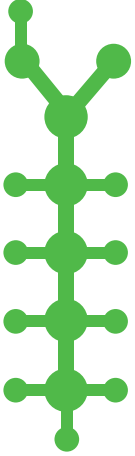


Fat



- Fat is an important aspect of an athlete's diet
- Fat has many important functions including vitamin absorption, organ cushioning, maintaining body temperature, and providing energy
- Consuming too little or too much fat can have negative effects on health and athletic performance

FAT CHECKLIST:

- Fat intake should contribute 20-35% of total calories.
- Choose unsaturated fat sources the majority of the time.
- Omega-3 fatty acids are a type of unsaturated fat that supports brain and heart health. Omega-3 fatty acids can be found in fatty fish, flaxseed, chia seeds and walnuts, and are linked to reducing inflammation and promoting exercise recovery.
- Limit intake of saturated fats. Increased intake of saturated fats can increase inflammation in the body and limit exercise recovery.



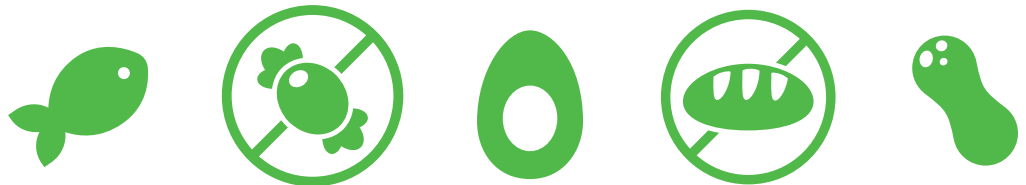
TYPES OF FAT

UNSATURATED CHOOSE MORE

- Olive Oil and Canola Oil
- Nuts
- Nut Butters
- Seeds
- Avocados
- Fatty Fish

SATURATED CHOOSE LESS

- Fried Foods
- Whole Fat Dairy Products
- Fatty Cuts of Meat
- Baked Goods
- Creamy Sauces
- Butter



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