

WORKSHOP 2:

Bad Fats & Good Fats:

Learn to cook with GOOD fats that will pack in the flavor & sustain good health!

What is considered “BAD FATS?” What are “GOOD FATS?”

GOOD FATS	BAD FATS
MONOUNSATURATED FATS (OMEGA-9) Monounsaturated fats are liquid at room temperature and naturally occur in many foods.	TRANS FATS Most trans fats are artificially produced as a result of partial hydrogenation, which is a process used to convert liquid oil to a solid.
POLYUNSATURATED FATS (Omega-3) Polyunsaturated fats also are liquid at room temperature and naturally occur in many foods.	SATURATED FATS Saturated fats are typically solid at room temperature and naturally occur in foods such as meat.

What are heart healthy oils?

Healthy Fats

Olive Oil



Fish Oil



Cold-expeller-pressed plant oils
Such as grapeseed, walnut, sesame



Avocados





Olives



Coconut



Nuts & Seeds

Cook with Heart-Healthy Foods

You can protect your heart and blood vessels by:

- Eating less unhealthy fats (trans fat, saturated fat and cholesterol) and by choosing the types of fats that help your cholesterol levels (unsaturated fats).
- Maintaining a healthy weight by keeping portions in perspective and making healthy food choices.
- Reducing your sodium intake, which can help many people with blood pressure control.

Did You Know?

Avocado - are high in fat - but most of the fat in an avocado is monounsaturated, the heart-healthy kind that actually lowers bad cholesterol. Moderation is still key, since one medium avocado boasts 30 grams of fat. Try substituting avocados for butter or cream cheese, or replace the mayo on your sandwich with avocado slices.

*The ingredients you use and the way you cook can make a big difference.
Below are some practical tips to remember for heart-healthy eating and cooking.*

Choose the Right Fats – In Moderation!

This means limiting foods high in trans fat, saturated fat and cholesterol – like processed snacks and sweets, baked goods, fried foods, high-fat dairy products, solid fats, and high-fat meats.

Instead, choose lean protein foods and low-fat dairy products. Limit the amount of processed snacks and baked goods you buy and eat. Choose more nutritious fresh foods to include in your snacks and meals such as fresh vegetables, whole grains, nuts and fruit. When cooking, skip the butter and margarine and try healthy vegetable-based oils in moderation.



Include Those Omega-3s

Omega-3 fatty acids are a type of healthy fat that helps prevent the clogging of arteries. Include fish (non-fried) in your meal plan at least twice a week – especially those high in omega-3 fatty acids. These "fatty" fish include **salmon**, albacore tuna, herring, rainbow trout, mackerel and sardines.

Other foods that provide omega-3 fatty acids include soybean products, walnuts, flaxseed and canola oil. It's also great if you can include some of these sources in your diet. Try mixing walnuts into your morning oatmeal or adding tofu to your stir-fry.

Choose a Healthy Cooking Method

You can cut down on the calories in your meals by broiling, microwaving, baking, roasting, steaming or grilling foods. Avoid frying foods in lots of oil, lard or butter. It is okay to use some fat when cooking. Just make sure you use oil high in unsaturated fats and don't use too much. (Remember that all fats are dense in calories, so they will add up quickly.) Use olive, peanut, corn, vegetable, safflower, sunflower or flaxseed oil. Nonstick pans and cooking sprays also work well if you're trying to reduce calories in a dish.



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Homemade and Fresh Is Best!

Restaurant food tends to be high in calories, sodium, and unhealthy fats – all things you want to watch if you're eating heart healthy. Try to cook at home as much as possible with fresh, healthy ingredients. You'll find that you have much more control over what goes into your food.

Boost Flavor Without Unhealthy Fats and Salt

Look for recipes that use herbs and spices for flavor instead of salt, butter, lard, or other unhealthy fats. Try these tricks to season your food:

- Squeeze fresh lemon juice or lime juice on steamed vegetables, broiled fish, rice, salads or pasta.
- Try salt-free lemon pepper or mesquite seasoning on chicken.
- Try a salt-free herbs and spices. Fresh herbs are also a great choice.
- Use onion and garlic to liven up meats and vegetables.
- Try marinating and grilling chicken or pork with barbecue sauce or with a homemade marinade.

Trim the Fat When Possible

Cut away visible fat from meat and poultry. Roast food on a rack to let the fat drip off. Make soups a day ahead so you can chill them and then remove the fat that has risen to the top.

**Here is a great chart to help you make better choices
when choosing fats for your diet.**

Good fats		Bad fats	
Monounsaturated (MUFA)	Polyunsaturated (PUFA)	Saturated	Trans
Increase your consumption		Reduce consumption	Avoid altogether
<ul style="list-style-type: none">• Olive oil• Canola oil• Sunflower oil• Peanut oil• Sesame oil• Avocados• Olives• Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)• Peanut butter	<ul style="list-style-type: none">• Soybean oil• Corn oil• Safflower oil• Walnuts• Sunflower, sesame, pumpkin seeds• Flaxseed• Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)• Soy milk• Tofu	<ul style="list-style-type: none">• Beef• Lamb• Pork• Chicken skin• Whole-fat dairy products (milk, cream)• Butter• Cheese• Ice cream• Palm and coconut oil• Lard	<ul style="list-style-type: none">• Commercially-baked pastries, cookies, doughnuts, muffins, cakes, pizza dough• Packaged snack foods (crackers, microwave popcorn, chips)• Stick margarine• Vegetable shortening• Fried foods (French fries, fried chicken, chicken nuggets, breaded fish)• Candy bars

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TRY THIS AT HOME: Marinate salmon in a lime, onion, garlic, and soy mixture for 15 minutes before grilling for a delicious fish taco or grilled fish sandwich.

TODAY'S RECIPES

Pan-Grilled Salmon with Pineapple Salsa

- 1 cup chopped fresh pineapple
 - 2 tablespoons finely chopped red onion
 - 2 tablespoons chopped cilantro
 - 1 tablespoon rice vinegar
 - 1/8 teaspoon ground red pepper
 - Olive oil
 - 4 (6-ounce) salmon fillets (about 1/2-inch thick)
 - kosher salt, to taste
1. Combine first 5 ingredients (through pepper) in a bowl; set aside.
 2. Heat a nonstick pan coated with olive oil (about 1 tablespoon) over medium-high heat. Sprinkle fish with salt. Cook fish 4 minutes on each side or until it flakes easily when tested with a fork.
 3. Top with salsa.
 4. Serve with quinoa salad.

Green Apple and Macadamia Quinoa Salad

- 1 cup uncooked quinoa
- 1/2 cup macadamia nuts
- 1 small garlic clove, minced
- 1 small green onion, thinly sliced
- 3/4 cup seeded diced cucumber
- 1 cup diced green apple
- 1/2 cup diced green bell pepper
- 1/4 cup diced celery
- 1/2 red serrano chile, seeded and thinly sliced
- Juice of 1 lemon
- Agave nectar



Macadamia Nuts - ounce for ounce they're one of the most calorie-dense nuts, macadamia nuts contain the greatest amount of heart-healthy monounsaturated fat (MUFA) per serving. This 'good fat' lowers LDL 'bad' cholesterol levels and blood pressure!



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- 2 tablespoons plain yogurt
- sea salt, to taste

1. Prepare the quinoa according to the package directions. Put the drained quinoa back into the pot and stir it over low heat to remove some of the moisture.
2. In a small dry skillet, toast the macadamia nuts over medium-low heat until evenly browned, 3 to 4 minutes, stirring often to keep them from burning. Crush the nuts lightly with a knife.
3. In a large bowl, combine the quinoa, macadamia nuts, and the remaining ingredients. Toss and check for seasoning; add more lemon juice and salt if necessary.

Olive Oil Cookies with Lemon and Thyme

- 2/3 cup olive oil
- 1 cup granulated sugar
- 1 large egg
- 2 1/2 teaspoons vanilla extract
- 2 tablespoons lemon zest
- 2 tablespoons fresh lemon juice
- 2 1/4 cups all purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1 teaspoon finely minced thyme
- sugar for rolling
- powdered sugar for dusting

1. Preheat oven to 375 degrees F. Cover a baking sheet with parchment paper.
2. In the bowl of an electric mixer using the paddle attachment or using hand mixer, add olive oil, sugar, egg, vanilla, lemon zest, and lemon juice and beat on low speed until smooth. Add the flour, baking powder, baking soda and salt. Beat to incorporate all ingredients.
3. Add the thyme and mix on low just to incorporate.
4. Using about a teaspoon amount roll dough into balls and then roll the balls into a bowl of granulated sugar.
5. Place the balls onto the cookie sheet, and flatten slightly with the bottom of a cup.
6. Bake about 8-10 minutes, and then cool on a wire rack.
7. When completely cooled, dust with powdered sugar.



Shopping Tip:

Make sure that when you purchase olive oil that it is 100% olive oil and not mixed with other unhealthy oils and fillers. You will usually find this with cheaper olive oils.



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