



The Truth about Fats

Saturated Fats

Saturated fats are common in the American diet. They are solid at room temperature. Common sources of saturated fat include red meat, whole milk and other whole-milk dairy foods, cheese, coconut oil, and many commercially prepared baked goods and other foods.

The word "saturated" here refers to the number of hydrogen atoms surrounding each carbon atom. The chain of carbon atoms holds as many hydrogen atoms as possible — it's saturated with hydrogens. Two major studies concluded that replacing saturated fat with polyunsaturated fats like vegetable oils or high-fiber carbohydrates is the best bet for reducing the risk of heart disease.

Monounsaturated Fats and Polyunsaturated Fats

Healthy fats are liquid at room temperature, not solid. There are two broad categories of beneficial fats: monounsaturated and polyunsaturated fats.

Monounsaturated Fats

Monounsaturated fats have a single carbon-to-carbon double bond. The result is that it has two fewer hydrogen atoms than a saturated fat and a bend at the double bond. This structure keeps monounsaturated fats liquid at room temperature. Good sources of monounsaturated fats are olive oil, peanut oil, canola oil, avocados, and most nuts, as well as high-oleic safflower and sunflower oils.

Although there's no recommended daily intake of monounsaturated fats, the Institute of Medicine recommends using them as much as possible along with polyunsaturated fats to replace saturated fats.

Polyunsaturated Fats

Polyunsaturated fats are essential fats. That means they're required for normal body functions but your body can't make them. So, you must get them from food. Corn oil, sunflower oil, and safflower oil are common examples.

A polyunsaturated fat has two or more double bonds in its carbon chain. There are two main types of polyunsaturated fats: omega-3 fatty acids and omega-6 fatty acids. The numbers refer to the distance between the beginning of the carbon chain and the first double bond. Both types offer health benefits.

Good sources of omega-3 fatty acids include fatty fish such as salmon, mackerel, and sardines, flaxseeds, walnuts, canola oil, and unhydrogenated soybean oil.

Omega-6 fatty acids have also been linked to protection against heart disease. Foods rich in linoleic acid and other omega-6 fatty acids include vegetable oils such as safflower, soybean, sunflower, walnut, and corn oils.

Please contact our sales department for samples, pricing, and technical information regarding your specific application or shipment requirements. Private labeling & co-packing services available..

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Comparing Fat Contents

Our Gateway Food Products Vegetable Oil offering covers varying levels of Saturated, Polyunsaturated, and Monounsaturated Fats. We have provided a chart listing the fat content percentages for each of the oils that Gateway Food Products offers.

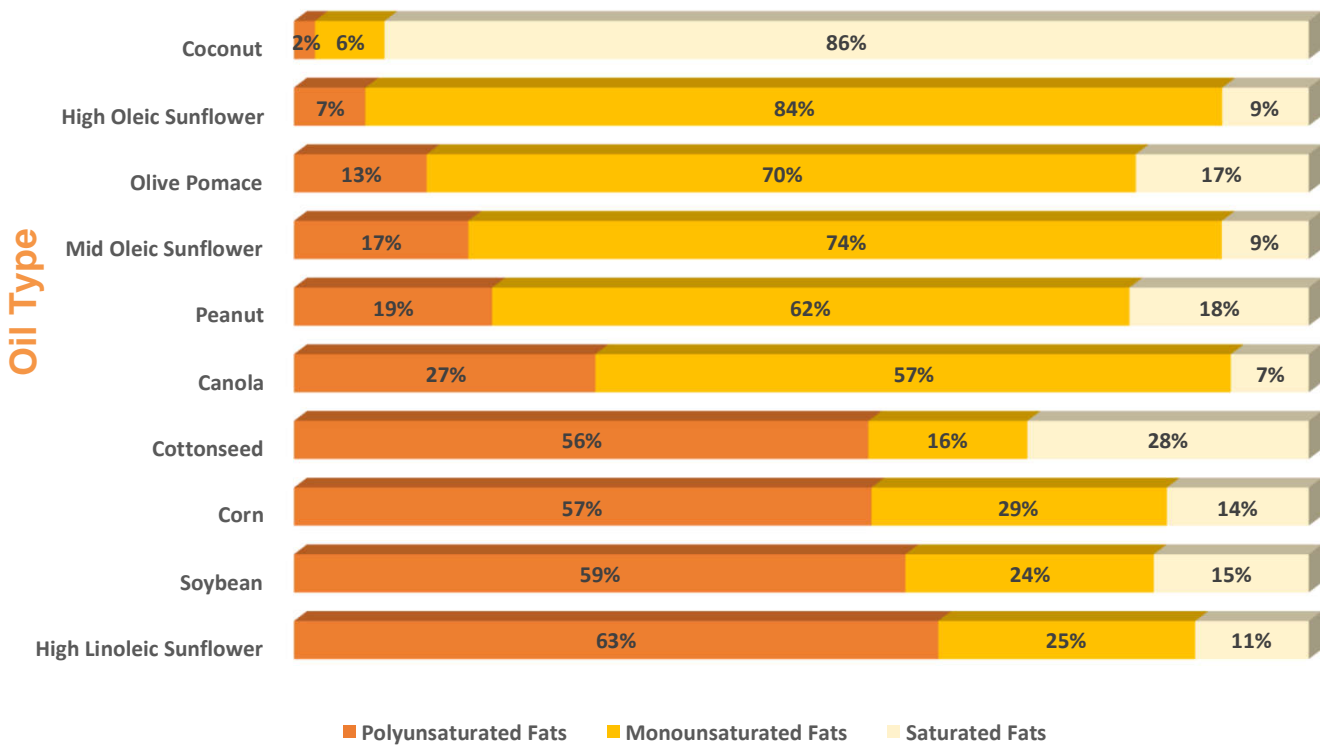
High in Polyunsaturated Fats

- High Linoleic Sunflower
- Soybean Oil
- Corn Oil
- Cottonseed Oil

High in Monounsaturated Fats

- High Oleic Sunflower Oil
- Olive Pomace Oil
- Mid Oleic Sunflower Oil
- Canola Oil

Fat Content%



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