

Week Six: Fats & Cholesterol



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

**In week six of
this cooking
class series,
we will:**



Examine the role of fats and cholesterol in a healthy diet



Explore lean protein choices



Create dinners to highlight everything we've learned!

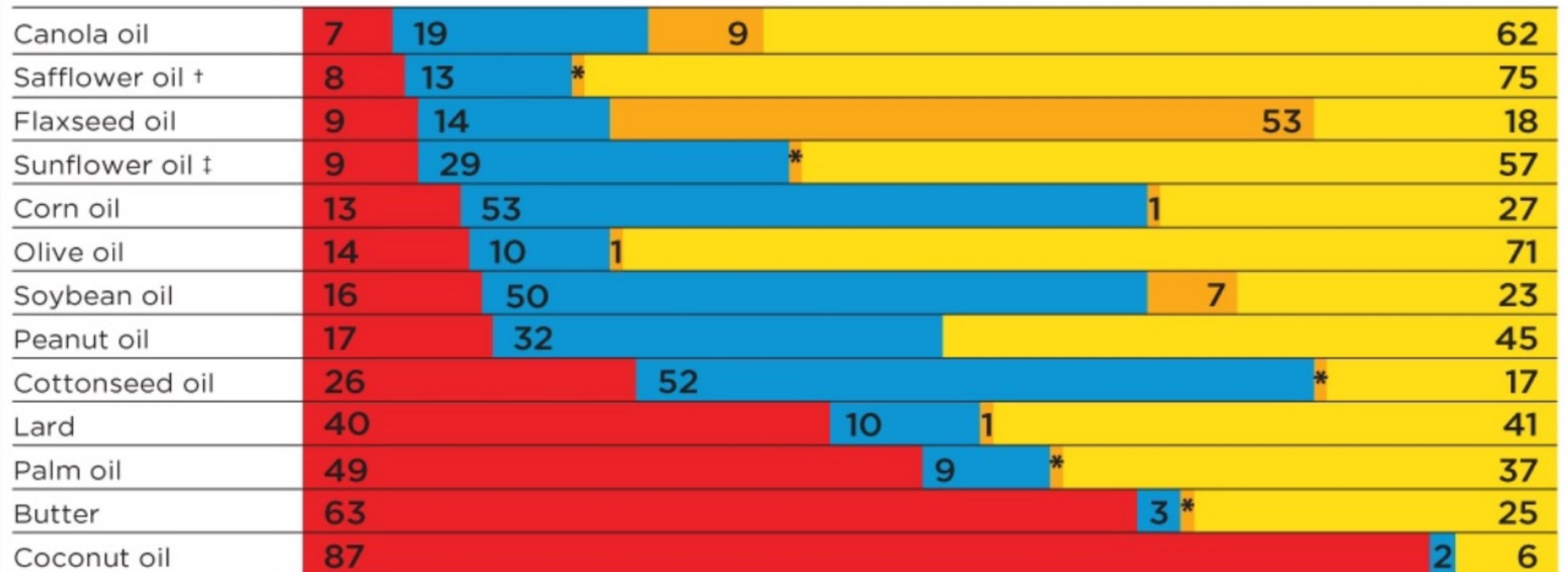
Types of Fats

- Fat is not the enemy, but we need to think about the *types of fats* that we consume most
- Three Main Types:
 - **Unsaturated Fats** – liquid at room temp (plant oils), nuts, seeds, seafood
 - **Saturated Fats** – solid at room temp (butter, coconut & palm oils), meats, some dairy
 - **Trans Fats** – “hydrogenated oil” (shortening, margarine), baked goods, ultra-processed foods
- GOAL: consume a 1.6 to 1 ratio of unsaturated to saturated
- Tips: eat more olive/canola oil, avocado, & nuts/seeds
and eat less butter, meats, full-fat dairy, ultra-processed/“junk” food
- Why we encourage measuring: 1 Tbsp oil = 120 calories



Comparison of Dietary Fats

Dietary Fat



Saturated Fat



Polyunsaturated Fat



linoleic acid
(an omega-6
essential fatty acid)



alpha-linolenic acid
(an omega-3
essential fatty acid)

Monounsaturated Fat



oleic acid
(an omega-9 fatty acid)

A Closer Look at Unsaturated Fats

- **Monounsaturated** - olives, olive oil, canola oil, nuts and seeds and their oils, avocados
- **Polyunsaturated**
 - **Essential Fatty Acids** – our bodies can't make these and it's essential to get them from the diet
 - **Omega-6:** safflower oil, sunflower oil, corn oil, soybean oil, sunflower seeds, walnuts, pumpkin seeds
 - **Omega-3:** oily fish such as salmon, herring, mackerel, and sardines; fish oil and flaxseed oil; flaxseeds, walnuts, and chia seeds



All About Cholesterol

- LDL-C: Low-Density Lipoproteins (BAD Cholesterol) L= “Lousy”
- HDL-C: High-Density Lipoproteins (GOOD Cholesterol) H= “Healthy”
- Serum Cholesterol – cholesterol floating around in your blood that can lead to the clogging of arteries
- Dietary Cholesterol – cholesterol found in food. Eggs and shrimp are known to be high in this form

Choosing Lean Proteins

- **Chicken** – choose skinless breast/thigh or remove skin before eating
 - avoid fried preparations
- **Pork** – choose tenderloin, rib chops, loin chops, Canadian bacon
 - avoid bacon, belly, ribs, sausages
- **Beef** – choose 90/10 or 93/7 ground beef, tenderloin/filet, top round, top sirloin, chuck, skirt steak, flank steak
- **All meats** – trim before cooking, watch portion sizes, and focus on lower- fat cooking methods: sautéing, roasting, broiling, grilling, braising, stewing, and poaching
- Don't forget that fish/seafood and plant-based proteins like beans and tofu are also very lean choices!

Food (per 4oz. portion)	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
Turkey Bacon	433	32	9	2591
Pork Bacon	615	47	16	1951
Ground Turkey	282	18	5	92
90/10 Ground Beef	272	16	6	95
Fried Chicken	338	21	6	335
Roasted Chicken	287	18	5	99
Fried Catfish	260	15	4	317
Pan-Seared Catfish	119	3	1	57

Fat's Role in Cooking



Add to
mouthfeel

Retains
moisture

Maillard
browning

Prevent of
sticking

Promote
even
cooking

Separate
starches

Today's Menu



Groups 1 & 5

Honey Mustard Pork Tenderloin
Mashed Sweet Potatoes
Simple Savory Greens

Groups 2 & 6

Cheeseburger Pasta
Dark Chocolate Avocado Mousse

Groups 3 & 7

Moroccan Spiced Tofu OR Chicken
Quinoa Salad with Dried Fruits & Nuts
Lemon Roasted Broccoli

Groups 4 & 8

Fish Tacos with Mango Red Cabbage
Slaw
Mango Red Cabbage Slaw
Cilantro Lime Avocado Crema

Nutrition Goals for a Healthy Dinner

GCCM targets for Dinner	
Calories	500-600
Saturated Fat	< 5 g
Sodium	< 550 mg
Fiber	5-10 g
Protein	At least 10 g

As we look at the dishes we made for tonight's class, let's think about how many components of the Mediterranean Diet we were able to add to our plates:

- Vegetables 2-3 cups/day
- Legumes/Beans 2 cups/week
- Fruits 1 – 1 ½ cups/day
- Nuts/Seeds ¼ cup/day
- Whole Grains 1 ½ cups/day
- Fish 2+ 4 oz. servings/week
- Oils & Fats Choose plant based
- Dairy < 1 cup/day
- Meats 3-4 oz./day

Honey Mustard
Pork Tenderloin

Mashed Sweet
Potatoes

Simple Savory
Greens

Groups 1 & 5

Nutrition Facts	
5 servings per container	
Serving size	4 oz (126g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 75mg	25%
Sodium 230mg	10%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 24g	48%
Vitamin D 0.2mcg	2%
Calcium 10mg	0%
Iron 1.4mg	8%
Potassium 470mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Facts	
8 servings per container	
Serving size	1/2 cup (139g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0.1mcg	0%
Calcium 60mg	4%
Iron 0.7mg	4%
Potassium 410mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup (173g)
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes <1g Added Sugars	2%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 1.4mg	8%
Potassium 380mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Cheeseburger Pasta

Dark Chocolate Avocado Mousse

Groups 2 & 6

Nutrition Facts

5 servings per container

Serving size 1 cup (302g)

Amount Per Serving

Calories 290

% Daily Value*

Total Fat 12g 15%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 510mg 22%

Total Carbohydrate 30g 11%

Dietary Fiber 4g 14%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 19g 38%

Vitamin D 0.7mcg 4%

Calcium 170mg 15%

Iron 2.6mg 15%

Potassium 780mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, WHEAT

Nutrition Facts

8 servings per container

Serving size ~1/4 cup (161g)

Amount Per Serving

Calories 220

% Daily Value*

Total Fat 12g 15%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 40mg 2%

Total Carbohydrate 30g 11%

Dietary Fiber 7g 25%

Total Sugars 20g

Includes 15g Added Sugars 30%

Protein 3g 6%

Vitamin D 0.1mcg 0%

Calcium 40mg 4%

Iron 1.7mg 10%

Potassium 470mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK

Moroccan Spiced Tofu

Moroccan Spiced Chicken

Groups 3 & 7

Nutrition Facts

4 servings per container

Serving size 1/2 cup diced tofu (106g)

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **7%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **4%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

Protein 11g **22%**

Vitamin D 0mcg 0%

Calcium 150mg 10%

Iron 2mg 10%

Potassium 20mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

6 servings per container

Serving size 4 oz (~1 thigh) (117g)

Amount Per Serving

Calories **160**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 180mg **8%**

Total Carbohydrate <1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 22g **44%**

Vitamin D 0.1mcg 0%

Calcium 20mg 2%

Iron 1.4mg 8%

Potassium 280mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: SOY

Quinoa Salad with Dried Fruit & Nuts

Lemon Roasted Broccoli

Groups 3 & 7

Nutrition Facts

4 servings per container

Serving size 1 cup (175g)

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 32g 12%

Dietary Fiber 4g 14%

Total Sugars 10g

Includes 3g Added Sugars 6%

Protein 6g 12%

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 2.6mg 15%

Potassium 300mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: PECAN

Nutrition Facts

6 servings per container

Serving size 3/4 cup (135g)

Amount Per Serving

Calories 70

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol <5mg 1%

Sodium 140mg 6%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 11%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 0.9mg 6%

Potassium 400mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK

Fish Tacos with Mango Red Cabbage Slaw

Groups 4 & 8

Nutrition Facts

6 servings per container

Serving size 2 tacos (221g)

Amount Per Serving

Calories 260

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 250mg 11%

Total Carbohydrate 32g 12%

Dietary Fiber 4g 14%

Total Sugars 9g

Includes 1g Added Sugars 2%

Protein 17g 34%

Vitamin D 0mcg 0%

Calcium 90mg 6%

Iron 1.4mg 8%

Potassium 510mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, FISH



Some Final Reminders!

- ⦿ Incorporating more points from the Mediterranean Diet into your day can have a big impact on your health over time
- ⦿ Focus on taking small steps to make new habits that stick for the long term
- ⦿ Cook more meals at home using the skills and tips you've learned in these classes
- ⦿ Find more recipes and resources like handouts and videos on our website for additional inspiration

Thank you for joining us for our Community Cooking Class series!

To add your name to our mailing list and to access our many recipes, handouts and videos, please visit: <https://goldringcenter.tulane.edu/>