

# News Of Nutrition

## Learning The Real Skinny On Fats

(NAPSA)—When it comes to maintaining a healthy diet, all fats are not created equal.

A common misconception is that all fats are bad, when in fact some fats are essential and are needed for energy, vitamin absorption and cell function.

### Experts Agree

We should consume less saturated and trans fats. These can contribute to increases in blood cholesterol, which leads to a greater risk of heart disease. Saturated fats are typically found in animal-based products such as beef, butter and other full-fat dairy products. Trans fats are commonly found in packaged bakery products.

Instead, choose mainly polyunsaturated and monounsaturated fats, found in vegetable oils, nuts, seeds and fish. These fats help support healthy cholesterol levels, which are associated with a lower risk of heart disease.

### One Easy Change

To incorporate more unsaturated fats and less saturated and trans fats into your diet, you might switch from butter to soft spreads like I Can't Believe It's Not Butter!, Promise, Country Crock and Brummel & Brown. Made with a blend of nutritious plant oils, including canola and soybean oils, these spreads contain 70 percent less saturated fat than butter, no cholesterol and 0 grams of trans fat per serving. The soft spreads range from 0 to 8g of total fat and 0 to 2g of saturated fat per serving.



**Chewy Fruity Popcorn is made with a soft spread that contains no cholesterol.**

### Add It Up

When choosing a soft spread, read the Nutrition Facts panel and add up the combination of saturated and trans fats. Look for spreads with a combined total of 2 grams or less of saturated and trans fats and 0 grams of cholesterol.

Integrating spreads into your diet is easy—just use them in place of butter for spreading on toast and vegetables, cooking and baking. Or, for a heart-healthy snack, try this delicious recipe:

### Chewy Fruity Popcorn

*Makes: 10 cups*

*Preparation Time: 15 Minutes*

*Cook Time: 5 Minutes*

### Ingredients

- 1 bag (2.9 oz.) microwave 94 percent fat-free butter popcorn, cooked according to package directions**
- 1 package (5 oz.) dried cherries**

- 1 cup dried apricots, chopped**
- 1 cup sugar**
- $\frac{1}{2}$  cup light corn syrup**
- $\frac{1}{2}$  cup finely chopped pecans**
- 3 Tbsp. Promise Buttery Spread**
- 1 tsp. baking soda**

### Directions

In large bowl sprayed with nonstick cooking spray, combine popcorn with fruit; set aside.

In 1-quart glass measuring cup or microwave-safe bowl, combine sugar with corn syrup. Microwave at HIGH 4 minutes or until very pale yellow. With heat-resistant rubber spatula or wooden spoon, stir in pecans. Microwave on HIGH 1 minute or until pale yellow. Stir in Promise Buttery Spread and baking soda. With spatula sprayed with nonstick cooking spray, quickly and carefully drizzle mixture over popcorn and fruit, stirring constantly, until popcorn and fruit are coated. Cool completely before serving.

### Nutrition Information per 1-cup serving:

Calories 270, Calories From Fat 50, Saturated Fat 1g, Trans Fat 0g, Total Fat 5g, Cholesterol 0mg, Sodium 220mg, Total Carbohydrate 57g, Sugars 38g, Dietary Fiber 3g, Protein 2g, Vitamin A 15%, Vitamin C 0%, Calcium 2%, Iron 4%

Visit [www.BigFatTruth.org](http://www.BigFatTruth.org) for more information and recipes.