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What are you trying to do for fitness?

The 8 Most Common Sources of Saturated Fat

The following are the most common sources of high amounts of saturated fats. Just by avoiding or reducing your intake of the following, you can easily improve your diet.

Saturated fats are fats that fully saturated with hydrogen atoms. An abundance of research has suggested that individuals consuming diets with high amounts of saturated fat have an increased risk of heart disease and stroke. In addition, the American Journal of Clinical Nutrition published a meta-analysis in 2003 that showed diets high in saturated fat may adversely affect cholesterol profiles. As a result, the Centers for Disease Control (CDC) released a statement in 2004 that “Americans need to continue working to reduce saturated fat intake, but also pay attention to overall calories and portion sizes and being active enough to match the food they consume.”

Improve your health by trying to avoid and/or reduce your intake of the following:

- 1. Bacon**
- 2. Sausage**
- 3. Cream**
- 4. Ice Cream**
- 5. Whole Milk Dairy Products**
- 6. Full Fat Cheeses**
- 7. Cream**
- 8. Fat based foods like dressing and gravy**

A few things to avoid to increase your overall health.