

Mayo Clinic Minute

Are saturated fats OK to eat?

Video	Audio
Vivien Williams	Saturated fats. Butter, lard, cheese, fatty beef and poultry with the skin on. All said to be bad for your heart. But a new study shows they're OK to eat. Really? It's confusing.
Stephen Kopecky, M.D. Cardiology Mayo Clinic	"A recent poll of Americans showed that most Americans — the majority of them — felt it was easier to do their tax returns than it was to figure out how to eat healthy."
Vivien Williams	Dr. Stephen Kopecky helps sort out saturated fats.
Stephen Kopecky, M.D.	"You can have some in your diet."
Vivien Williams	But you should replace most saturated fats with more monounsaturated healthy fats, which help reduce your risk of heart attack and stroke. Extra virgin olive oil, avocado oil and nuts. Also, limit red meat, dark poultry meat or poultry with the skin on to a serving the size of a deck of cards per day. Then, add at least 5 of fruits and veggies, some whole grains and fish, and you're on your way to a heart-healthy diet. But don't make drastic changes.
Stephen Kopecky, M.D.	"We need to change slowly, because we just can't change quickly and sustain the change."
Vivien Williams	For the Mayo Clinic News Network, I'm Vivien Williams.