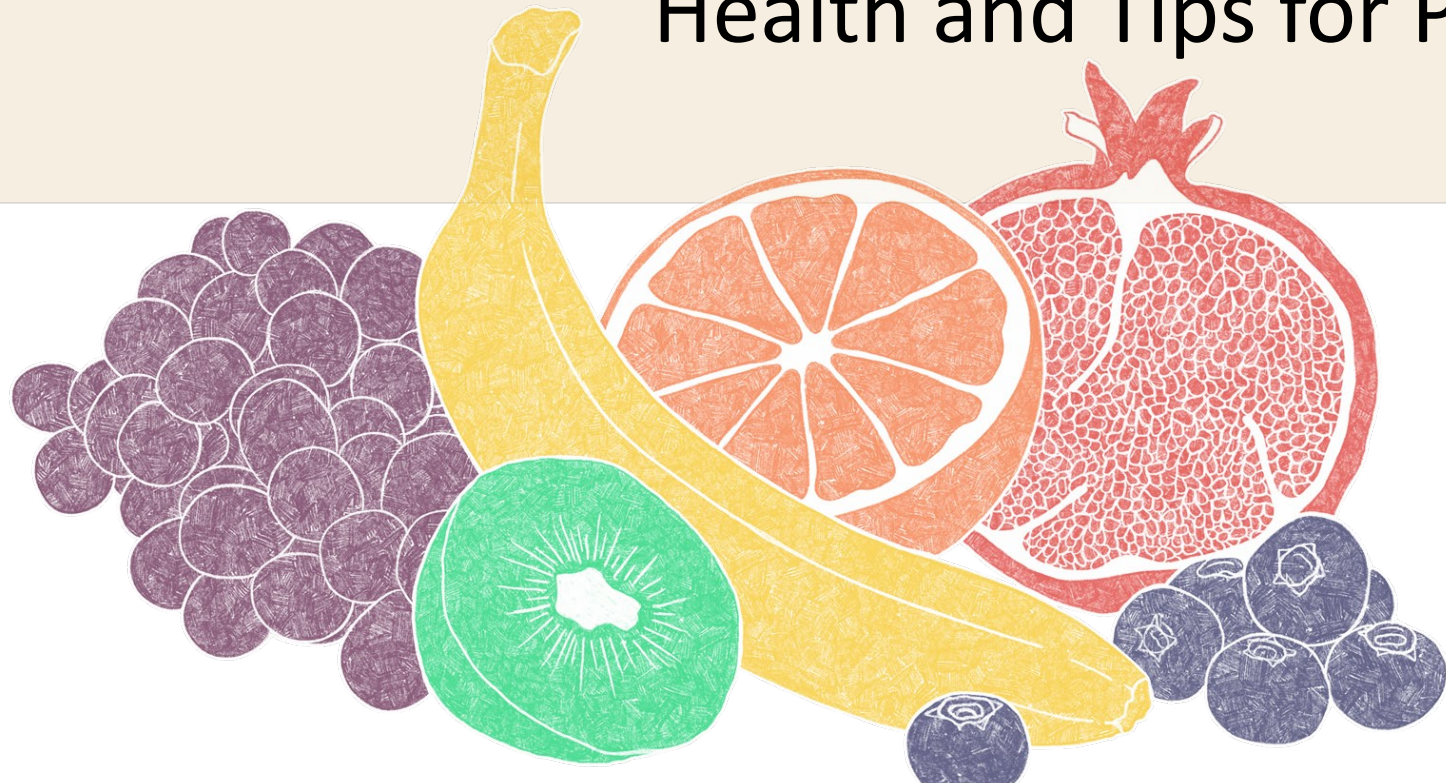


# A Food-First Approach to Cardiometabolic Health

## Part 2 - Good Fats: Role in Cardiometabolic Health and Tips for Patient Care



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# A Food-First Approach to Cardiometabolic Health

3-Part Webinar Series – *Sponsored by Avocados - Love One Today*

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MARCH  
25

Personalized Food and Nutrition  
Strategies for Patient Care



APRIL  
15

Good Fats – Role in Cardiometabolic  
Health and Tips for Patient Care

MAY  
6

Fiber – Role in Cardiometabolic  
Health and Tips for Patient Care



# HOW GOOD FOOD WORKS

We teach people how to **grow**, **prepare**, and **share** food that encourages lifelong health and well-being through hands-on evidenced-based classes taught across our garden, kitchen, clinic, and community.

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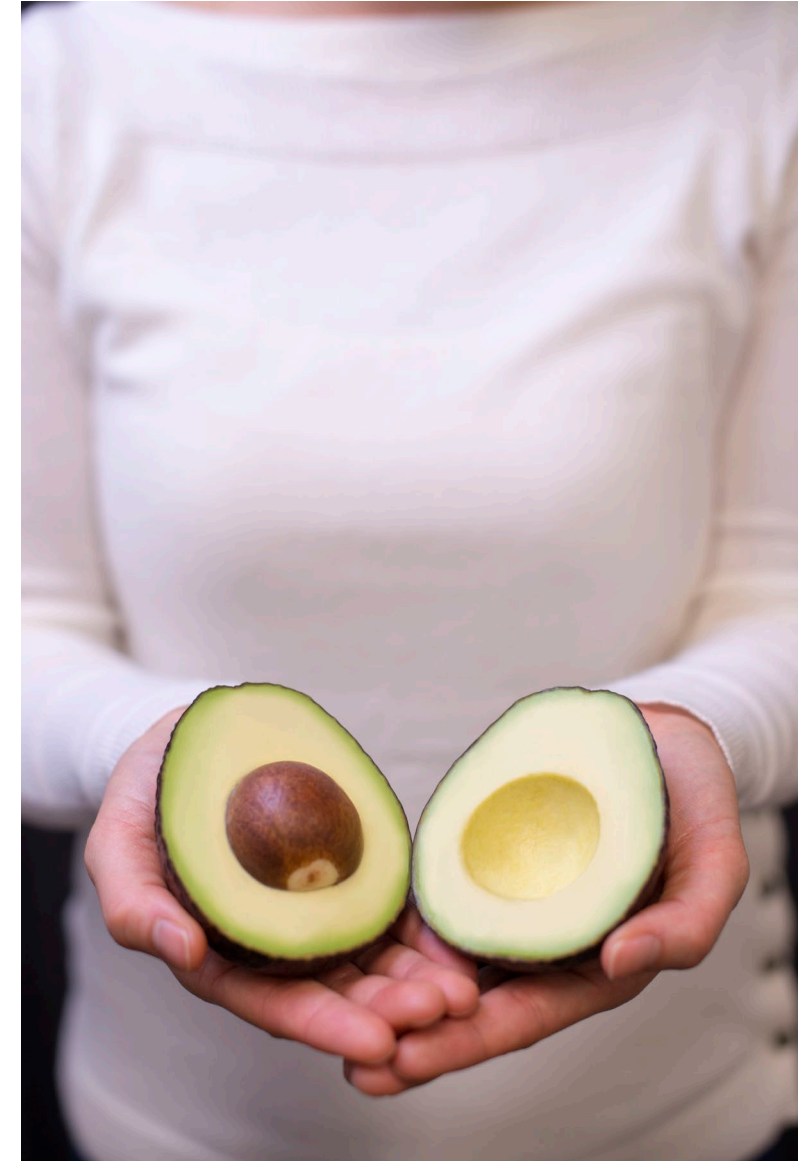
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**This activity is pending CDR Review and approval for 1 CPEU.**

- The Academy of Nutrition and Dietetics (Academy) and Commission on Dietetic Registration (CDR) are not responsible for the provider's interpretation of the Academy/CDR Code of Ethics for the Nutrition and Dietetics Profession or its enforcement as it relates to the scenarios and content presented in this activity.







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**Healthy children in a healthy world.**

We advance health and healthy living for children and families through cutting-edge research, innovative community-based programs, and dissemination of evidence-based practices.

### STRATEGIC PLAN GOALS



# A Food-First Approach to Cardiometabolic Health

## Part 2 – Good Fats: Role in Cardiometabolic Health & Tips for Patient Care



**Rupa Mahadevan, MD, FAAP, ABOIM**

Assistant Professor

Community and General Pediatrics



**Dolores Woods, MA, RD, LD**

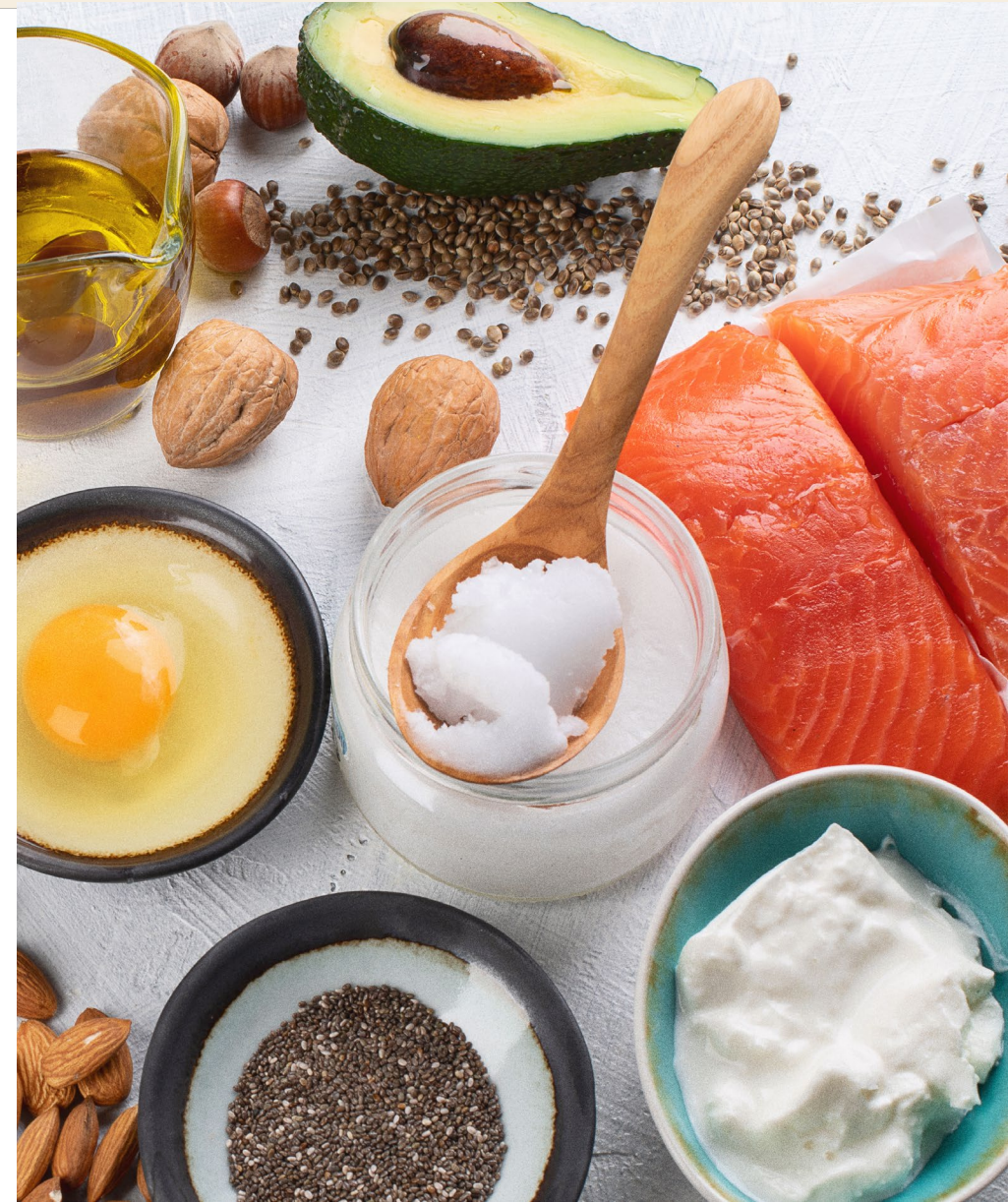
Nutritionist Supervisor

1. Explain the impact of unsaturated fat consumption on cardiometabolic health including its role in contributing to favorable cholesterol levels, improving glycemic response, reducing inflammation, and increasing satiety.
2. Discuss scientific evidence on avocado consumption and its association with a lower risk of cardiovascular disease and coronary heart disease.
3. Identify a variety of sources of unsaturated fats to support individualized, culturally-appropriate recommendations.

# Agenda

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- I. Dietary fats 101
- II. Current intake recommendations
- III. Role of unsaturated fats in cardiometabolic health
- IV. Toolbox for providers
- V. Culinary demo





# What We're Hearing About Dietary Fats

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I try to watch  
my fat intake  
and eat fat-  
free or low-fat  
options.

I've heard  
seed oils are  
really bad for  
you.

Fat makes you  
gain weight.

Isn't fat  
bad for  
you?

I switched to  
coconut oil  
because I heard  
it's healthier.

Should I drink  
whole or fat-  
free milk?

# Why Dietary Fat Matters for Cardiometabolic Health

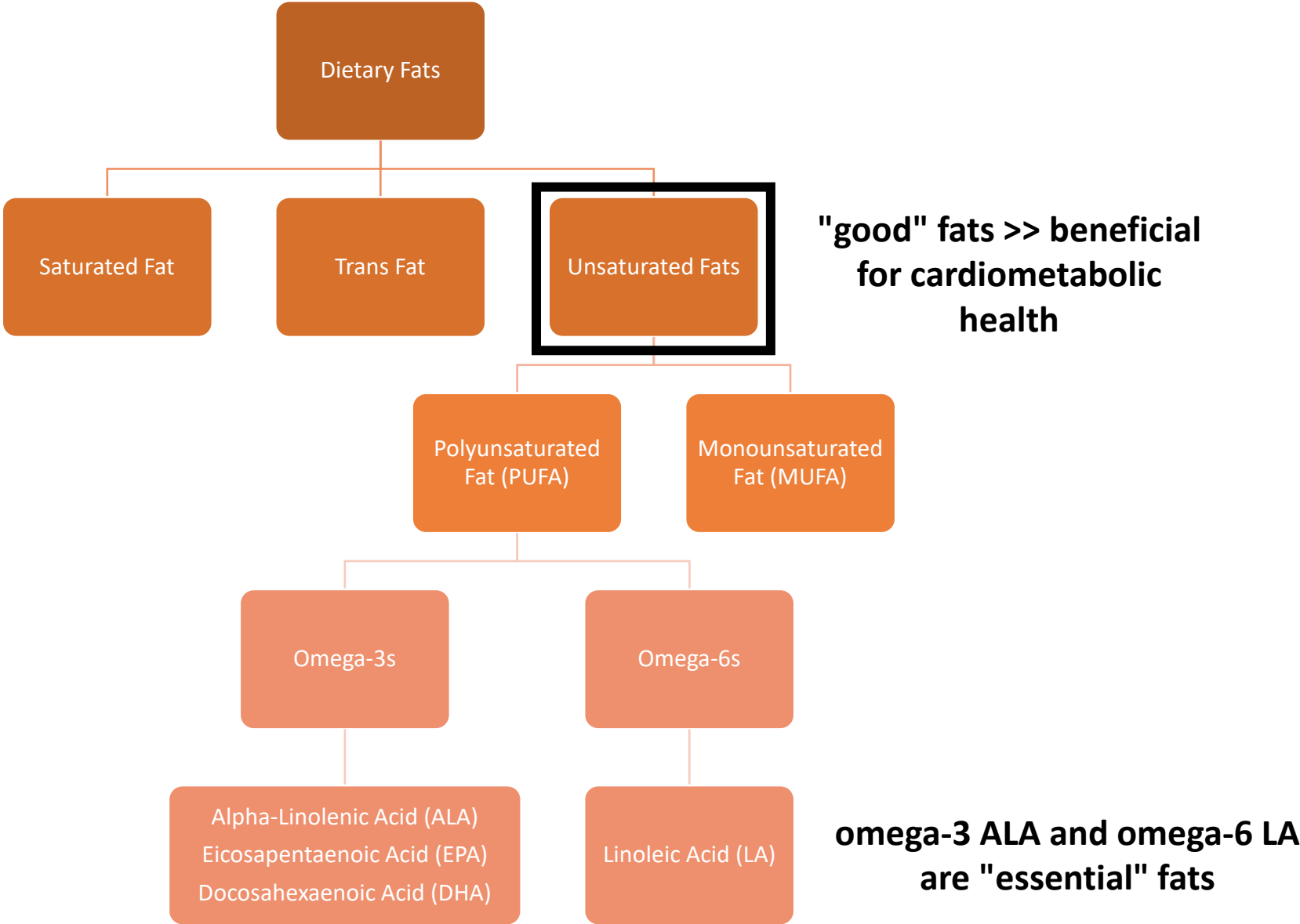
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1. Cardiovascular disease risk
2. LDL cholesterol
3. Glycemic response
4. Inflammation
5. Fat-soluble vitamin absorption
6. Satiety and weight management



# I. Dietary Fats 101

Dietary Fats – Family Tree





## Saturated Fats



## Trans Fat



## Unsaturated Fats (mono- and poly-)



## **II. Current Intake Recommendations**

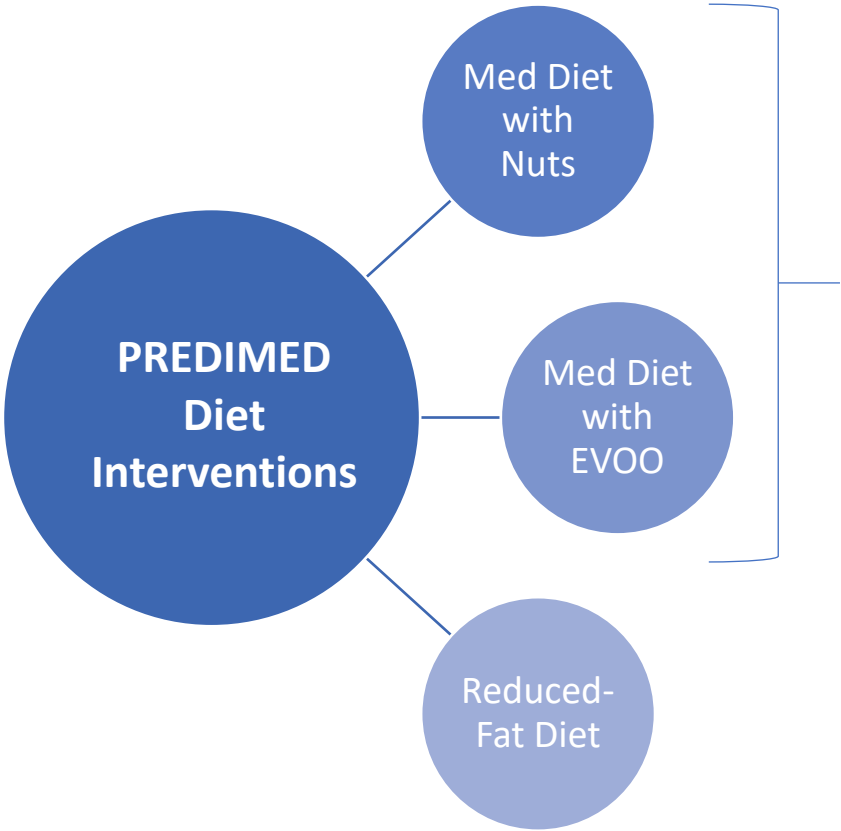
**American Heart  
Association®**

**Dietary Guidelines  
for Americans**

**American Diabetes  
Association®**

- No limit/optimal percentage of calories from total fat
- Types of fats more important than total fat
- Prioritize unsaturated fats: mono- and poly-unsaturated in place of saturated
- Limit saturated fat to <6-10% of daily calories

# The Science Behind the Recommendations



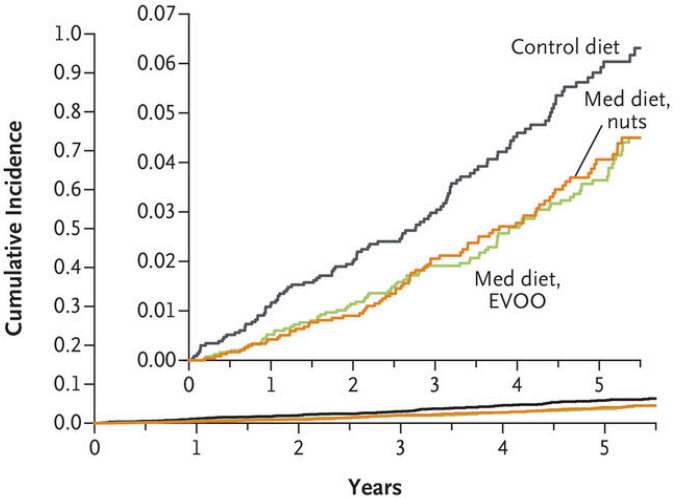
Lower risk of CVD compared to reduced-fat diet

The NEW ENGLAND JOURNAL of MEDICINE

ORIGINAL ARTICLE

## Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts

**A Primary End Point (acute myocardial infarction, stroke, or death from cardiovascular causes)**  
Med diet, EVOO: hazard ratio, 0.69 (95% CI, 0.53–0.91)  
Med diet, nuts: hazard ratio, 0.72 (95% CI, 0.54–0.95)



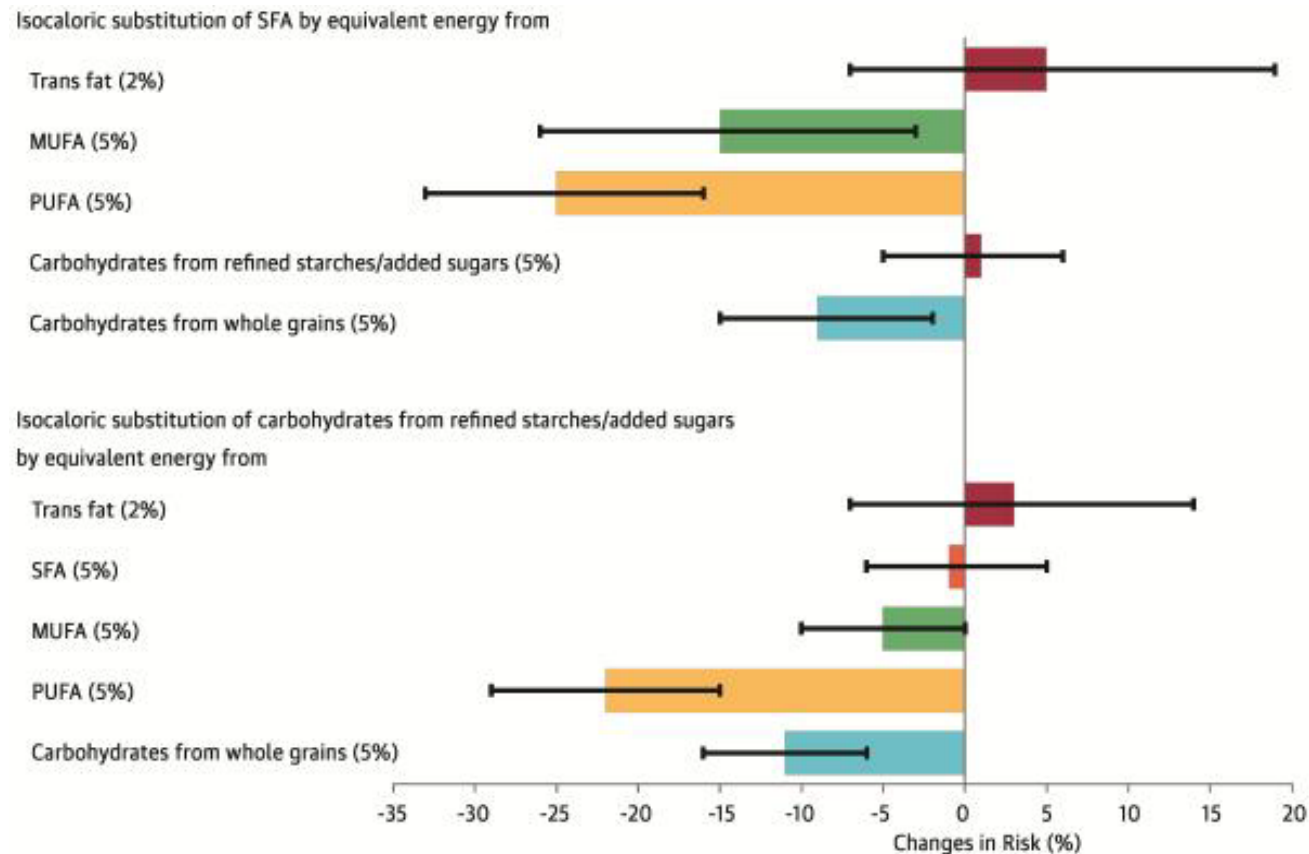
No. at Risk						
Control diet	2450	2268	2020	1583	1268	946
Med diet, EVOO	2543	2486	2320	1987	1687	1310
Med diet, nuts	2454	2343	2093	1657	1389	1031

Estruch R, et al. Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. *N Engl J Med*. 2018;378(25):e34. doi:10.1056/NEJMoa1800389



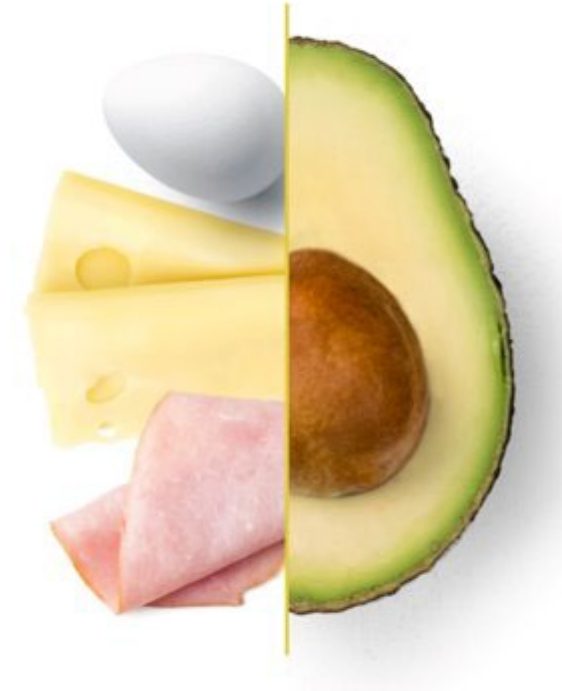
# The Science Behind the Recommendations

## Estimated % Changes in the Risk of CHD Associated with Isocaloric Substitutions of One Dietary Component for Another



# Observational Data Links Avocado Intake to Lower CVD Risk

- **16% - 22% lower risk of CVD** by replacing half a serving daily of margarine, butter, egg, yogurt, cheese or processed meats with the same amount of avocado, based on models
- Eating one or more avocados weekly was associated with reduced risk for CVD



# Looking Ahead: 2025-2030 Dietary Guidelines for Americans

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- New meta-analysis on saturated fat
- Swapping saturated fat with unsaturated fats is still a strong, evidenced-based recommendation
- Substituting higher-fat dairy with lower-fat dairy not associated with a difference in CVD risk

2025 Dietary Guidelines Advisory Committee. 2024. *Scientific Report of the 2025 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Health and Human Services and Secretary of Agriculture*. U.S. Department of Health and Human Services. <https://doi.org/10.52570/DGAC2025>



# **III. Role of Unsaturated Fats in Cardiometabolic Health**



## LDL Cholesterol

- Replacing saturated fats with unsaturated fats can reduce LDL cholesterol levels

## Glycemic Response

- Dietary fat delays gastric emptying, leading to a lag in glucose absorption

## Inflammation

- Consumption of unsaturated fats is associated with reduced markers of inflammation

### Fat-Soluble Vitamin Absorption

- Unsaturated fats are necessary for the absorption of fat-soluble vitamins A, D, E, and K

### Satiety and Weight Management

- Dietary fats promote satiety
- Satiety can promote adherence to healthy eating patterns

## **IV. Toolbox for Providers**

# Principles of a Food-First Approach for Patient Care



**Whole, Nutrient-Dense Foods:** Emphasizing the consumption of nutrient-dense foods that provide natural vitamins, minerals, and fiber.



**Personalized Nutrition:** Tailoring dietary recommendations to an individual's specific health needs, genetics, lifestyle, and culture including flavor preferences can help achieve long term health goals.



**Sustainability:** Encouraging long-term dietary changes that are not overly restrictive and can be maintained. This could include making small swaps/changes over time.



# Addressing Common Questions and Misconceptions

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Low-fat diets are the best



Unsaturated fats are an important part of healthy eating patterns and can support weight management and CVD health.

Omega-3s are the best type of fat



Variety is important and all unsaturated fats provide benefits.

Coconut oil is better than olive oil



Coconut oil contains mostly saturated fat whereas olive oil contains mostly unsaturated fats. Eating high amounts of saturated fat can increase the risk for heart disease whereas unsaturated fats help reduce the risk.

Animal based diets, like carnivore, are helpful for weight management, reduced inflammation, and blood sugar regulation



These diets are under-researched and conflict with evidence-based aspects of a heart-healthy diet.

Consume only fat-free or low-fat dairy products



Fat-free or low-fat dairy is recommended to reduce saturated fat intake, but consuming some full-fat dairy products may be okay when we look at your diet as a whole and unique needs/preferences.

# The American Heart Association Recommends Four Ways to Get Good Fats

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1. **Go Fish:** Eat at least two 3.5- to 4-ounce servings of fatty, or oily, fish a week
2. **Be Nutty:** Snack on a small handful (about 1 ounce) of unsalted nuts and seeds for good fats, energy, protein and fiber
3. **Add Avocado:** Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals
4. **Check the Oils:** Use nontropical vegetable oils that are lower in saturated fat



For defining & achieving specific objectives

**S** – Specific

**M** – Measurable

**A** – Achievable

**R** – Relevant

**T** – Time-bound

For facilitating client-centered conversations & encouraging change

**O** – Open-ended questions

**A** – Affirmations

**R** – Reflections

**S** – Summarize



# Simple Swaps to Reduce Saturated Fat

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Cooking in Butter >> Oil  
Butter on Toast >> Mashed Avocado

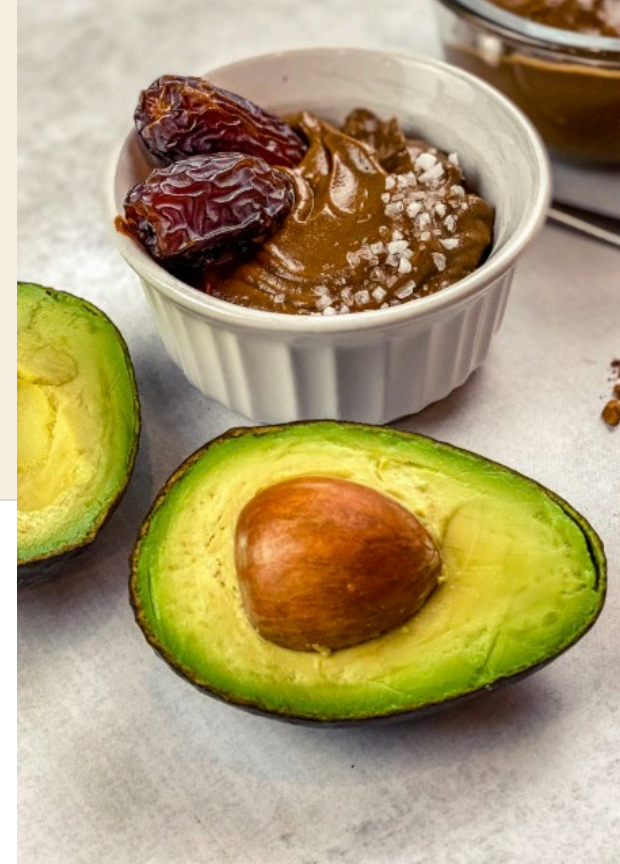


Sour cream >> Low-fat Greek Yogurt  
Ground Meat >> Beans, Mushrooms,  
Ground Walnuts



Butter >> Mashed Avocado

# My Favorite Dessert Swap



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**V. Let's Get Cooking!**

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# Heart-Healthy Fettuccini AvoFredo

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# Love One Today Resources

FREE COOKBOOK



Heart-Healthy Recipes  
Featuring Avocados

FREE FACT SHEET



A Food-Focused Approach to Support  
Healthy Living at All Ages

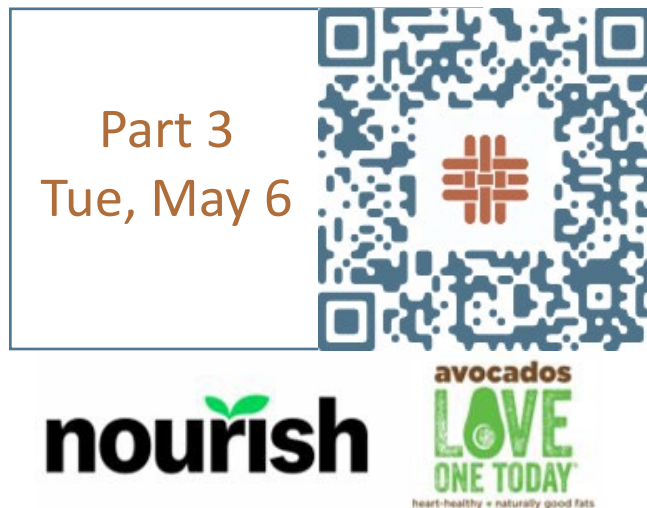




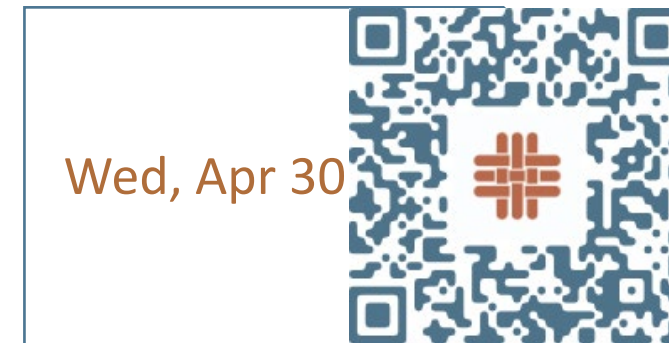
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Funding Recovery Housing: Preliminary  
Cost-Effectiveness Findings from Project  
HOMES



# Thank you for attending!

## Post-Webinar Survey and Claiming CDR Credits (RDN/NDTR)

We'd love your feedback!  
Please take a minute to fill out  
this survey.



RDNs and NDTRs, please fill out this  
survey and learner assessment to  
claim CPEUs.





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