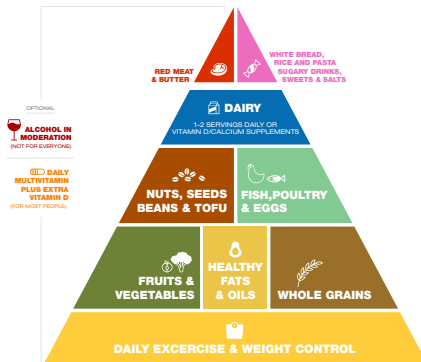




**A HEALTHY, SUSTAINABLE DIET DOESN'T MEAN AVOIDING FATS AND CALORIES ALL TOGETHER.**

**Instead, make the most out of your meals by eating the right kinds of fat and calories for your good health!**



### Healthy fats:

Unsaturated fats: olive oil

\*These fats are liquid at room temperature\*

Omega 3 fatty acids: fish

### Potentially harmful fats:

Saturated fats: steak, butter

\*These fats are solid at room temperature\*

*Don't forget those nasty trans fats from lesson 2!*

### Avoid Saturated Fats:

These aren't as dangerous as trans fats, but can still mess with your health, so only eat them once in awhile.

### Eat Good Unsaturated Fats:

Unsaturated fats are a key player in a healthy diet, including mono and polyunsaturated fats, as well as Omega-3 fatty acids. These good fats can improve blood sugar and cholesterol levels.

### LOOK FOR NUTRIENT DENSE CALORIES:

You need calories. Calories are good for you, when they come from the right things. Don't just look at the food label calorie count. If a lot of the calories are coming from sugars and carbs, swap it out for something with more calories coming from protein.

## CHALLENGE #3 - FOOD SWAP:

Start cooking more with olive oil.\* There are stacks of recipes online. Check out Epicurious.com or Food52.com and just search for olive oil. Hundreds of recipes will magically appear. Choose a pasta or salad or even a tasty cake recipe and go to town. Cooking at home isn't for everyone but it can be one of the great joys in life. Planning ahead so you have the ingredients on hand makes it much more likely you'll actually make something. And, with a little practice, you'll likely find you're saving money and eating a whole lot healthier. *Buon appetito!*



DAY 1



DAY 2



DAY 3