NUTRITION NEWS

THE FACTS ON FATS
SATURATED FATS EDITION

Fat is an important nutrient that gives your body energy, helps your brain work, and supports growth and development. Some types of fat are healthier choices than others.

What is Saturated Fat?

Saturated fat is a type of fat found in foods such as butter, cheese, whole milk, fatty meats, and some fried or packaged foods. Eating too much saturated fat over time may not be good for heart health, so it's important to balance these foods with healthier fat choices.

Common Sources of Saturated Fat: butter, whole milk and full-fat dairy products, cheese, ice cream, bacon and sausage, fried foods, some packaged snacks and baked goods, coconut oil.

Healthier Fat Sources (Unsaturated Fat): fish (such as salmon, tuna, and trout), avocados, nuts and seeds, oils (such as olive, canola, sunflower and soybean).

Dietary Guidelines for Americans
Should not exceed **10%** of total daily calories.

American Heart Association
Aim for less than **6%** of total daily calories from saturated fats.

Tips for a Balanced Diet

- **Choose** grilled or baked foods more often, instead of fried foods
- **Read nutrition labels**—a daily value of **5% or less** is low in sat fat
- **Try lower-fat** or reduced-fat dairy products
- **Add more** fruits, vegetables, and whole grains to meals
- **Practice moderation**—balance is important

The Bottom Line

Saturated fat can be part of a healthy diet when included in moderation but choosing unsaturated fats most often can help support long-term health.



CENLA AAA Hot Menu
November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Turkey Chili** Cheesy Rice Green Peas Tossed Salad/Dressing Wheat Bread Fruit & Grain Bar Margarine	**3** **Ham & Black-eyed Peas** Steamed Rice Cabbage Cornbread Fresh Fruit Cranberry Juice Margarine	**4** **Chicken & Sausage Jambalaya** Whole Kernel Corn Green Beans/Red Pepper Wheat Bread Oatmeal Crème Cookie Margarine	**5** **Hamburger or BBQ Pork Riblet** Lettuce/Tomato/Onion Baked Beans Hamburger Bun Fresh Fruit Mustard Ketchup	**6** **Smothered Chicken** Whipped Potatoes California Vegetables Wheat Bread Chocolate Cake Milk Margarine
9 **Beef with Burgundy Sauce** Whipped Potatoes Carrots Wheat Bread Strawberry Craisins Margarine	**10** **Chicken Salad** or **Turkey & Cheese** Lettuce & Tomato Carrot Raisin Salad Wheat Bread (2) Fresh Orange Mustard Mayonnaise	**11** **Sausage/Red Beans** Brown Rice Turnip Greens Pickled Beets Cornbread Apple Juice Margarine	**12** **Chicken Tenders** Macaroni & Cheese Mixed Vegetables Fresh Orange Chocolate Pudding BBQ Sauce	**13** **Frito Chili Pie with Cheese** Chuckwagon Corn Green Peas Corn Chips Royal Brownie
16 **Baked Ham Honey Glaze** Buttermilk Potatoes Green Peas Wheat Bread Star Crunch Margarine	**17** **Sloppy Joe or BBQ Pork Riblet** Ranch Beans Chuckwagon Corn Hamburger Bun Fresh Fruit	**18** **Baked Chicken Breast Creamy Marsala Sauce** Whipped Potatoes Carrots Wheat Bread Marble Cake/Ice Cream Margarine	**19** **Sausage & Pinto Beans** Brown Rice Cabbage Cornbread Raisin Crème Cookie Fruit Juice Blend Margarine	**20** **Fiesta Mac** California Vegetables Green Beans Wheat Bread Peanut Butter Cookie Margarine
23 **Chicken & Sausage Gumbo w/Rice** Whipped Sweet Potatoes Okra & Tomatoes Saltine Crackers Fresh Fruit Margarine	**24** **White Beans/Sausage** Steamed Rice Mixed Greens Cornbread Fresh Fruit Fudge Round Margarine	**25** Special **Turkey Breast Brown Gravy** Peas & Carrots Cornbread Dressing Cranberry Juice Red Velvet Cake Margarine	**26** CLOSED	**27** CLOSED
30 **Turkey Chili** Cheesy Rice Green Peas Tossed Salad/Dressing Wheat Bread Fruit & Grain Bar Margarine	Each Meal is Served with 1/2 Pint of 2% Milk			

TRIO Community Meals

Nourishment through compassionate care.