

**Medical Edge Radio from Mayo Clinic**

**Know Your Fats**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	CUT THE FAT...KEEP THE FAT. IT'S TOUGH TO KEEP STRAIGHT WHAT'S GOOD FOR YOU AND WHAT ISN'T. MAYO CLINIC NUTRITION EXPERT, DR. DONALD HENSRUD SAYS WE SHOULD USE ALL FATS IN MODERATION.
<b>Dr. Donald Hensrud</b>	"HOWEVER, THERE ARE DIFFERENCES IN THE HEALTH EFFECTS OF DIFFERENT FATS. IF WE CAN EAT MORE OF THE HEALTHIER FAT'S THAT PROBABLY HAS AN ADVANATAGE LONG TERM."

	<p>SATURATED AND TRANS FAT CAN BE THOUGHT OF AS THE “BAD FAT”. THEY CAN INCREASE YOUR CHOLESTEROL LEVEL AND RISK OF HEART DISEASE. UNSATURATED FATS ACTUALLY HELP LOWER CHOLESTEROL, AND MAY HAVE OTHER HEALTH BENEFITS AS WELL. ANOTHER GOOD CHOICE ARE OMEGA-3 FATS.</p>
<b>Dr. Hensrud</b>	<p>“OMEGA 3 FATS HAVE A NUMBER OF ADVANTAGES, INCLUDING DECREASING THE RISK OF SUDDEN DEATH FROM CARDIOVASCULAR DISEASE. SO INCORPORATING THOSE CAN BE PART OF A HEALTHY DIET.”</p>
	<p>YOUR BODY NEEDS SOME FAT TO RIGHT. MAKING WISE CHOICES CAN MAKE IT WORK EVEN BETTER.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN</p>

	WILLIAMS.