



Protect Your Heart: Choose Fats Wisely

Zaštitite svoje srce: Birajte masnoće mudro

Toolkit No. 7

Brošura br. 7

Why should I choose fats wisely? Zašto masnoće trebam birati mudro?

Diabetes increases your chances of having a heart attack or a stroke. But you can protect your heart and blood vessels by choosing fats wisely. Some kinds of fat, such as butter and shortening, can increase your cholesterol and your chances of heart disease. Other kinds, such as olive oil and canola oil, protect your heart by lowering your cholesterol levels.

Dijabetes povećava šanse da dobijete srčani ili moždani udar. Svoje srce i krvne sudove možete, međutim, zaštititi tako što ćete birati masnoće mudro. Neke vrste masnoća, kao što su puter i biljno maslo vam mogu povećati kolesterol i rizik od srčanih oboljenja. Druge vrste masnoća kao što su maslinovo ili ulje kanole štite srce jer snižavaju kolesterol.

All fats are high in calories. If you're trying to lose weight, you'll still want to limit the amount of fat you eat. The types and amounts of fat appear in the Nutrition Facts area of food labels.

Sve masnoće sadrže puno kalorija. Ako pokušavate smršati, ograničite količinu masnoće koju jedete. Vrste i količine masnoće su navedeni u nutritivnoj tablici na etiketi proizvoda.

How can I choose fats wisely? Kako da mudro biram masnoće?

- Try these steps to protect your heart and blood vessels:
- Eat less total fat, especially less saturated fat and *trans* fat.
- Cut back on foods that are high in cholesterol.
- Choose the kinds of fat that can help lower your cholesterol levels.
- Pokušajte ove korake da pomognete zaštititi srce i krvne sudove
- Jedite manje masnoća, naročito zasićenih masti i *trans* masti.
- Smanjite unošenje hrane koja sadrži puno kolesterola.
- Odaberite masnoće koje će vam pomoći da snizite kolesterol.

Fats that increase your chances of heart disease and stroke Masnoće povećavaju vaše šanse od srčanih oboljenja i moždanog udara

Saturated fat, *trans* fat, and cholesterol increase your blood cholesterol and can cause a buildup of materials that can clog your blood vessels. The blood supply to your heart can be blocked, leading to a heart attack. A blockage in the blood vessels going to your brain can result in a stroke.

Zasićene masti, *trans* masti i kolesterol povećavaju kolesterol u krvi i doprinose stvaranju naslaga koje mogu začepiti krvne sudove. Dotok krvi u srce može biti blokiran, što dovodi do srčanog udara. Zakrčenje krvnih sudova koji vode u mozak može rezultirati moždanim udarom.



Eating low-saturated-fat, low-cholesterol foods can protect your heart and blood vessels.

Konsumiranje hrane s niskim sadržajem zasićenih masti i niskim kolesterolom vam može zaštititi srce i krvne sudove

Saturated fat Zasićene masti

Saturated fat can raise your cholesterol level.

Zasićene masti mogu povisiti razinu kolesterola.

Sources of saturated fat	
bacon and bacon grease	gravy made with meat drippings
butter	lard and shortening
chocolate	high-fat meats like regular ground beef, bologna, hot dogs, sausage and spareribs
coconut and coconut oil	palm oil and palm kernel oil
cream sauce	poultry skin
high-fat dairy products, such as cheese, cream, ice cream, whole milk, 2% milk and sour cream	
fatback and salt pork	

Izvori zasićenih masti

slanina i masnoća iz slanine	umak napravljen od masti i soka od pečenja
puter	svinjska mast i maslo za kuhanje
čokolada	meso koje sadrži puno masnoće kao što je obično mljeveno meso, bologna, hrenovke, kobasice i svinjska rebra
kokos i kokosovo ulje	palmino ulje i ulje palminih koštica
krem umak	koža peradi
punomasni mliječni proizvodi kao što su sir, pavlaka, sladoled, punomasno mlijeko, mlijeko s 2% masnoće i kiselo vrhnje.	
slanina s leda svinje i usoljena trbušna slanina	

Trans-unsaturated fatty acids (*trans* fats)

Trans-nezasićene masne kiseline (*trans*-masti)

Trans fats can also raise your cholesterol level.

Trans masti vam također mogu povisiti razinu kolesterola.

Sources of *trans* fat

processed foods like snacks and baked goods with hydrogenated oil or partially hydrogenated oil
stick margarines
Shortening
some fast food items such as French fries

Izvori *trans*- masti

procesirani proizvodi kao što su snekovi i pečeni proizvodi koji sadrže hidrogenizirano ili djelomice hidrogenizirano ulje
čvrsti margarin
biljno maslo
neki fast food proizvodi kao što je pomfrit

Cholesterol Kolesterol

Your body makes some of the cholesterol in your blood. The rest comes from the foods you eat. Foods from animals are the main sources of dietary cholesterol.

Vaš organizam sam proizvodi dio kolesterola u krvi. Ostalo dolazi iz hrane koju jedete. Životinjski proizvodi su osnovni izvor kolesterola u ishrani.

Sources of cholesterol
high-fat dairy products
egg yolks
liver and other organ meats
high-fat meat and poultry

Izvori kolesterola
punomasni mliječni proizvodi
žumanjce jajeta
jetra i druge iznutrice
punomasno meso i perad

Fats that can protect your heart Masti koje vam mogu zaštititi srce

Monounsaturated fats, polyunsaturated fats, and special cholesterol-lowering margarines can actually protect your heart by lowering your blood cholesterol. That's why it's better to use them instead of saturated fat. Another kind of protective fat, called omega-3 fatty acids, is found in some types of fish.

Mononezasićene masti, polinezasićene masti i naročito margarin koji snižava kolesterol vam mogu zaštititi srce tako što snižavaju kolesterol u krvi. Stoga je bolje koristiti ove negoli zasićene masti. Još jedna vrsta zaštitnih masti, omega-3 masne kiseline, je pronađena u nekim vrstama ribe.

Monounsaturated fat Mononezasićene masti

Monounsaturated fat, one type of unsaturated fat, can lower your blood cholesterol.

Mononezasićene masti, jedna vrsta nezasićenih masti, vam može smanjiti kolesterol.

Sources of monounsaturated fat
Avocado
canola oil
nuts like almonds, cashews, pecans and peanuts
olive oil and olives
peanut butter and peanut oil
sesame seeds

Izvori mononezasićenih masti
Avokado
ulje kanole
jezgrasti plodovi kao npr. bademi, indijski orah, pekan i kikiriki
maslinovo ulje i masline
kikiriki puter i kikiriki ulje
sjemenke susama

Polyunsaturated fat Polinezasićene masti

Polyunsaturated fat, another type of unsaturated fat, protects your heart.

Polinezasićene masti, još jedna vrsta nezasićenih masti, vam štite srce.

Sources of polyunsaturated fat	
corn oil	walnuts
cottonseed oil	pumpkin or sunflower seeds
safflower oil	soft (tub) margarine
soybean oil	Mayonnaise
sunflower oil	salad dressings

Izvori polinezasićenih masti	
kukuruzno ulje	orasi
ulje iz sjemenki pamuka	košpice tikve ili suncokreta
čičkovo ulje	mekani margarin za mazanje
sojino ulje	majoneza
Suncokretovo ulje	preljevi za salatu

Omega-3 fatty acids Omega-3 masne kiseline

This type of fat helps prevent clogging of the arteries. Some types of fish are high in omega-3 fatty acids. Eat fish, prepared a low-fat way, 2 or 3 times a week. Choose broiling, baking, grilling, or steaming. You can also buy tuna packed in water and make tuna fish salad with low-fat or fat-free mayonnaise.

Ova vrsta masti sprječava začepljenje arterija. Neke vrste ribe su bogate omega-3 masnim kiselinama. Jedite ribu, spremljenu na nemastan način, 2 ili 3 puta sedmično. Odaberite pečenje u brojleru, u pećnici, na žaru ili kuhanje na pari. Također možete kupiti i tunu pakiranu u vodi i napraviti tuna salatu s malomasnom ili bezmasnom majonezom.

Sources of omega-3 fatty acids	
albacore tuna	rainbow trout
herring	sardines
mackerel	salmon

Izvori omega-3 masnih kiselina	
albakor tuna	kalifornijska pastrmka
Haringa	Sardine
Skuša	losos

Special cholesterol-lowering margarine Specijalni margarin koji snižava kolesterol

Having 2 to 3 tablespoons of a cholesterol-lowering margarine every day

can lower your cholesterol. These margarines contain plant stanols or plant sterols, ingredients that keep cholesterol from being absorbed. You'll find several types at the grocery store in the margarine section.

Svakodnevno konzumiranje 2 do 3 kašike margarina koji snižava kolesterol - vam može sniziti kolesterol. Ovi margarini sadrže biljne stanole ili sterole, sastojke koji sprečavaju apsorpiranje kolesterola. U prehrambenoj prodavnici u odjelu s margarinima možete pronaći nekoliko vrsta ovih margarina.

For more help, ask your health care team for copies of these brochures:

Za više informacija zatražite od svog liječnika primjerke ovih brošura:

- Toolkit No. 6: *Protect Your Heart: Make Wise Food Choices*
- Toolkit No. 8: *Protect Your Heart: Cook with Heart-Healthy Foods*
- Toolkit No. 9: *Protect Your Heart: Check Food Labels to Make Heart-Healthy Choices*
- Brošura br. 6 *Zaštite svoje srce: Birajte hranu mudro*
- Brošura br. 8 *Zaštite svoje srce: Kuhajte hranu zdravu za srce*
- Brošura br. 9 *Zaštite svoje srce: Čitajte etikete da biste odabrali proizvode zdrave za srce*



American Diabetes Association
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