

# Healthy Eats for a Healthy Beat

## Facts on Fats

### Functions of Fats

**Flavor.** Different fats provide unique flavors to foods.

**Fullness.** Because fat digests slowly, meals with fat help you feel fuller for longer.

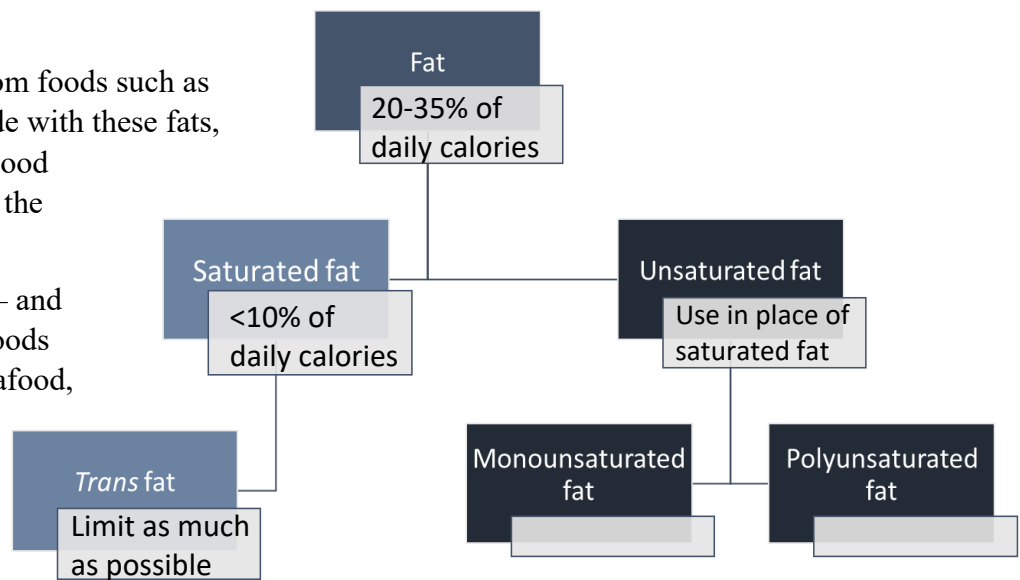
**Absorption.** Vitamins A, D, E, and K need fat to be absorbed and use effectively.

**Building Blocks.** Fats make up cell walls, provide layers of protection to body organs, insulate the body to stay warm, and are used in making body hormones.

### Daily Fat Intake

**Saturated and *trans* fats** come from foods such as butter, fat on meats, and foods made with these fats, such as pastries. These fats raise blood cholesterol levels and can increase the risk of heart disease.

**Unsaturated fats** including mono- and poly-unsaturated fats come from foods such as nuts and seeds, fish and seafood, avocado, and liquid oils, such as canola and olive oils. These fats, when used in place of saturated fats, can help lower blood cholesterol levels and lower the risk of heart disease.



### Swapping in Unsaturated Fats

Fats we eat each day can change blood cholesterol levels. Make swaps throughout the week to add more unsaturated fats to your meals.

| <u>Saturated Fat</u>  | <u>Unsaturated Fat</u>             |
|-----------------------|------------------------------------|
| Cream cheese on bagel | → Peanut butter or hummus on bagel |
| Cook meat in butter   | → Cook meat in oil                 |
| Sour cream dip        | → Guacamole                        |



**Illinois Extension**  
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## INGREDIENTS

- 6 egg roll wrappers
- 3 cups coleslaw mix or shredded cabbage
- 4 oz. ground pork or ¼ pound
- 2 cloves garlic, minced
- 2 green onions, washed and chopped
- 1 teaspoon grated ginger root
- 1 teaspoon low sodium soy sauce
- 1 teaspoon toasted sesame oil
- ½ teaspoon ground pepper
- 1 egg, beaten

## DIRECTIONS

1. Wash hands with soap and water. Over medium-high heat, add pork and brown for 2-3 minutes or until pork reaches an internal temperature of 160°F with a food thermometer. Add garlic and ginger. Sauté for another 30 seconds.
2. Add coleslaw mixture, onions, pepper, soy sauce, and sesame oil. Cook for another 2-3 minutes or until coleslaw mixture is wilted.
3. Remove from heat. Lay out egg roll wrapper with the point toward you. Brush each wrapper with beaten egg. In each egg roll place 2-3 Tbsp. of coleslaw mixture in the center. Fold in the center point, the two sides, and roll tightly to seal.
4. Preheat air fryer to 390°F for 3 minutes. Carefully place egg rolls in air fryer, spray lightly with non-stick cooking oil. Cook for 7-10 minutes flipping halfway through. **Makes 6 Egg Rolls**

*Instruction for the oven: Place egg rolls on a baking sheet and place in a preheated 425°F oven for 15-20 minutes rotating halfway through. Bake until golden brown.*

## Air Fried Egg Rolls



## Nutrition Facts

servings per container  
**Serving size Per Egg Roll (94g)**

| Amount per serving            |                |
|-------------------------------|----------------|
| <b>Calories 110</b>           |                |
|                               | % Daily Value* |
| <b>Total Fat</b> 2.5g         | 3%             |
| Saturated Fat 0.5g            | 3%             |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 40mg       | 13%            |
| <b>Sodium</b> 190mg           | 8%             |
| <b>Total Carbohydrate</b> 15g | 5%             |
| Dietary Fiber 1g              | 4%             |
| Total Sugars 1g               |                |
| Includes 0g Added Sugars      | 0%             |
| <b>Protein</b> 8g             |                |
| Vitamin D 0mcg                | 0%             |
| Calcium 39mg                  | 4%             |
| Iron 1mg                      | 6%             |
| Potassium 186mg               | 4%             |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.