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Saturated fat

National Diabetes Information Clearinghouse (NDIC)

Definitions

Fat

Defined by National Diabetes Information Clearinghouse (NDIC)

Source

National Diabetes Information Clearinghouse (U.S.). (2009). The diabetes dictionary. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse.

A type of dietary [fat](#) that can increase the risk of heart disease. Saturated fat is found in meat, poultry skin, butter, lard, shortening, and all milk and dairy products except fat-free versions.