

FATS

THE GOOD THE BAD & THE UGLY



✓ GOOD

Monounsaturated & Polyunsaturated Fats

- Can lower bad cholesterol levels
- Can lower risk of heart disease & stroke
- Can provide essential fats that your body needs but can't produce itself

SOURCE

Plant-based liquid oils, nuts, seeds and fatty fish

EXAMPLES



Oils (such as canola, olive, peanut, safflower and sesame)



Avocados



Fatty Fish (such as tuna, herring, lake trout, mackerel, salmon and sardines)



Nuts & Seeds (such as flaxseed, sunflower seeds and walnuts)

✗ BAD

Saturated Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke

SOURCE

Most saturated fats come from animal sources, including meat and dairy, and from tropical oils

EXAMPLES



Beef, Pork & Chicken Fat



Butter



Cheese (such as whole milk cheeses)



Tropical Oils (such as coconut, palm kernel and palm oils)

✗ UGLY

Hydrogenated Oils & Trans Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke
- Can increase risk of type 2 diabetes

SOURCE

Processed foods made with partially hydrogenated oils

EXAMPLES



Partially Hydrogenated Oils



Some Baked Goods



Fried Foods



Stick of Margarine

American Heart Association Recommendation

Eat a diet that:

Includes GOOD FATS (nuts, seeds, fatty fish, non tropical oils)

Limits saturated fats to no more than **5-6%** of calories

Keeps trans fats as **LOW** as possible

For more information, go to heart.org/fats