

“How do I know which fats are good for me and which I should avoid?”

Use these fat facts tips.

Fat is necessary for good health, but some fats are better for you than others.

Pick fats wisely: choose the majority of fats from the “Consume in moderation” category, while minimizing the “Limit” category.

Fats	Sources	Tips
Consume in moderation		
Both polyunsaturated and monounsaturated fats are unsaturated. When used in place of saturated and trans fats, they may help lower your “bad” cholesterol, thus reducing your risk of heart disease and stroke. They also may help prevent certain types of cancer.	<ul style="list-style-type: none"> • Olives • Avocados • Nuts • Seeds • Nut butters • Canola oil • Olive oil 	<ul style="list-style-type: none"> • Peanut oil • Corn oil • Safflower oil • Sesame oil • Sunflower oil • Soybean oil
Another type of polyunsaturated fat, omega-3 fatty acids, makes the blood less likely to form clots that cause heart attacks, and may protect against irregular heartbeats.	<ul style="list-style-type: none"> • Fattier fish such as salmon, trout, swordfish and sardines • Soybeans, walnuts, flaxseed and their oils • If using fish oils or EPA pills, see your dietitian for dosage. 	<p>To boost your heart health, try to get at least two servings of fish per week.</p> <p>Note: Children and pregnant or nursing women should follow their state guidelines for fish consumption to protect against mercury toxicity.</p>
Limit		
<p>Most trans fats are created when manufacturers turn liquid oils into solids. It raises LDL (bad) cholesterol and lowers HDL (good) cholesterol.</p> <p>Saturated fats occur naturally in animal fats. They raise both LDL and HDL cholesterol.</p>	<ul style="list-style-type: none"> • Shortening and margarine • Many deep-fried foods • Meats • Dairy products • Store-bought baked goods • Snack foods: doughnuts, snack cakes, some types of cookies • Many popular foods, including pizza, ice cream, hamburgers, hot dogs and cold cuts 	<p>Instead of butter or margarine on your bread, spread nut butter, jam, bean dip or chopped, seasoned tomatoes.</p>

Consider this

- An ingredient list that includes the word “hydrogenated” is a giveaway that trans fats are present.
- Replace saturated and trans fat in your diet with heart-healthier fats, starting with omega-3s.
- On a food label, look at the total fat as well as the fat breakdown.

