

# Let's Choose healthy Fats! The Good, The Bad and The Ugly

Use the *good* fats:

coconut oil, avocado, olive oil, flax oil, macadamias, walnuts and almonds

Not all dietary fats are created equally. Our bodies need fats for many reasons, including growth, insulation and energy. However, because all fats add calories to food, it is important to keep intake of fats at a reasonable level. The different types of fats can affect our health either positively or negatively. There are three general classifications of fats: Saturated, Unsaturated and Trans Fats.

## Unsaturated Fats: The Good

Unsaturated Fats are generally liquid at room temperature and provide essential fatty acids that your body needs, but cannot produce naturally. Sources that do produce these are plant-based oils, nuts, seeds and fatty fish.

*Examples: olive oil, canola oil, peanut oil, sesame oil, soybean oil, sunflower oil, safflower oil, flaxseed oil.*

### **Polyunsaturated fats**

*Examples: soybean oil, sunflower oil, corn oil and fatty fish, such as salmon, mackerel, herring and trout*

### **Mono-unsaturated fats**

*Examples: olive oil, canola oil, peanut oil, safflower oil, sesame oil, avocados and many nuts and seeds*

## Saturated Fats: The Bad

Saturated Fats are generally solid at room temperature. Sources that produce these fats are animal products, including meat and dairy, tropical oils

*Examples: butter, lard, shortening, coconut oil, palm oil*

## Trans Fats: The Ugly

Trans Fats are also generally liquid at room temperature. Sources are partially hydrogenated oils in processed foods, some margarines. A small amount can be found naturally in some meat products. You want to keep your bodies intake as low as possible.

*Examples: partially hydrogenated oils, fried foods, stick margarine*

Substituting **saturated** and **trans fats** with **unsaturated fats** can **lower your risk for heart disease, stroke and diabetes.**

- Use oils for cooking, instead of butter or stick margarine, to promote heart health.
- Snack on nuts and seeds.
- Limit intake of fried foods.
- Choose low-fat or reduced fat dairy products.
- Choose lean meats, such as chicken, poultry and fish.
- Use lean cuts of meat, such as loin cuts and lean ground meats (i.e. 90-10 ground beef).

Tips