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 raise 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

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](http://heart.org/fats)