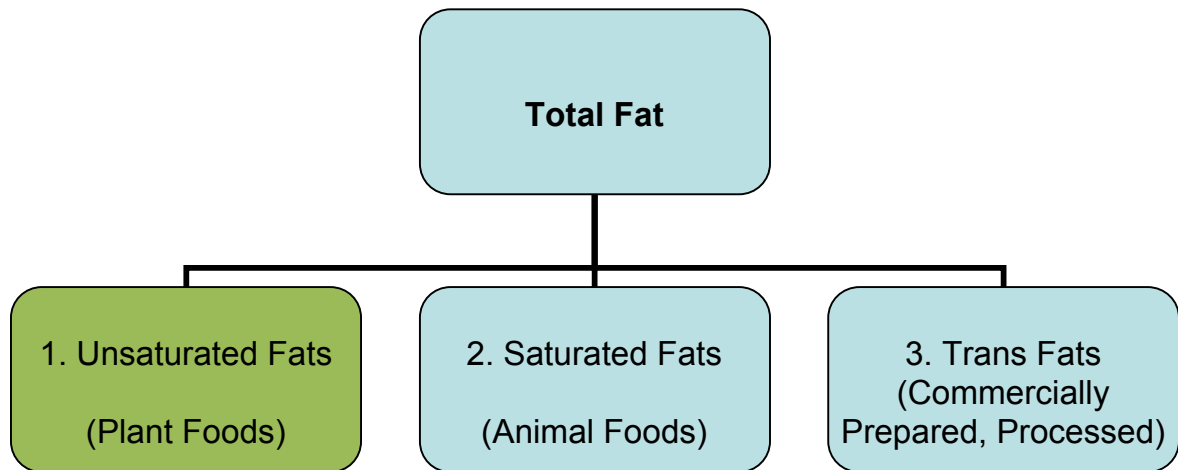


Getting the Facts on Fats

There are 3 main types of fat:



1. Unsaturated Fats:

- Found in plant foods and oils made from these plants
- Help lower LDL (bad) cholesterol
- Help reduce your chances of getting heart disease, having a heart attack or stroke

Examples of food that contain unsaturated fats include:

- Olive oil and olives
- Canola oil
- Natural peanut butter
- Peanut oil and peanuts
- Avocado
- Almonds
- Cashews



- **Omega-3** fats are a type of unsaturated fat that are important for health. Omega-3 fats can lower triglycerides (a type of fat in your blood). High triglyceride levels put you at risk for heart attack or stroke. Examples of food that contain omega-3 unsaturated fats include:

- Walnuts
- Ground flaxseed & flaxseed oil
- Hemp seeds and hemp hearts
- Chia seed
- Canola oil
- Fatty fish: mackerel, trout, salmon, unsalted herring, sardines



Getting the Facts on Fats



2. Saturated Fats:

- Found in all animal products
- Found in tropical oils (such as cocoa butter, palm oil, coconut and coconut oil, and palm kernel oils)
- Raise LDL (bad) cholesterol in your blood

| Foods High in Saturated Fat | Changes You Can Make |
|--|--|
| <p>Marbled or fatty meats such as:</p> <ul style="list-style-type: none"> • Corned beef, brisket • Regular ground beef, short or spare ribs • Skin on chicken & turkey, chicken wings • Bacon (all kinds) • Sausages • Goose or duck • Breaded or battered foods • High fat luncheon meats | <ul style="list-style-type: none"> • Choose leaner meats such as: <ul style="list-style-type: none"> • Beef: round, sirloin, chuck or loin • Ground beef: extra lean • Lamb: leg, arm or loin • Pork: tenderloin, leg or shoulder • Veal: all trimmed cuts • Replace luncheon meats with lower sodium canned fish or chicken/turkey packed in water • Remove the skin from chicken & turkey • Eat a smaller amount of meat • Include fish more often • Eat meat less often. Cook with dried peas, beans, lentils or tofu |
| <p>High Fat Dairy Foods</p> <ul style="list-style-type: none"> • Whole milk (3.5%) • High fat cheeses with more than 20% M.F. (milk fat). • Yogurts with more than 2% M.F • Butter • Cream (any type) | <ul style="list-style-type: none"> • Eat lower fat dairy products <ul style="list-style-type: none"> • Cheeses with less than 15% M.F • Have 1% or skim milk • Low fat plain or fat-free, low sugar fruit yogurt • Choose non-hydrogenated margarine or olive oil and avocado as a spread |

3. Trans Fats:

- Mainly found in processed foods that have **partially hydrogenated vegetable oils**
- Raise LDL (bad) cholesterol and lower HDL (good) cholesterol in your blood. These fats are not healthy. They can increase your chances of getting heart disease, having a heart attack or stroke. Eat as little trans fats as possible.

| Foods With Trans Fats | Changes You Can Make |
|--|---|
| <p>Found mostly in commercially prepared (made at a factory), processed food items:</p> <ul style="list-style-type: none"> • Crackers and Cookies • Cakes, pie crusts, pastries, donuts • Vegetable shortening, hard margarine • French fries, potato & corn chips • Deep-fried restaurant or fast foods <div data-bbox="248 1948 800 2051">  </div> | <p>Replace commercially prepared, processed foods with healthy choices:</p> <ul style="list-style-type: none"> • Fruit & ¼ cup nuts • Raw veggies and hummus • Low fat, low sugar yogurt • Whole grain crackers & ricotta cheese <div data-bbox="873 1915 1369 2043">  </div> |