

# Fats for health: Choose better fats!

## Know the fats in your food...

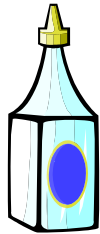
Use food labels to check for the amount and types of fat in foods. Remember to look at the serving size.

Low fat foods have 3 grams or less of fat.

Moderate fat foods have 3 to 5 grams of fat.

Limit main dishes to 10 grams or less of fat.

## Eat more...



**monounsaturated** fat to lower total cholesterol and protect “good” cholesterol. Monounsaturated fats are liquid at room temperature. Find monos in nuts, seeds and vegetables like...

- Almonds
- Avocados
- Canola oil
- Cashews
- Olives
- Olive oil
- Peanuts
- Peanut oil
- Pecans
- Pistachios



**omega-3** fat to help prevent sudden death from a life threatening heart rhythm occurring during a heart attack. Eat this type of fat at least twice a week.

- Fatty fish
- Flax seed
- Walnuts
- Soybeans

**Foods with other types of fat** may increase your risk of developing cancer, diabetes, heart disease, and high blood pressure.

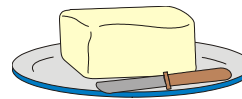


## Eat less polyunsaturated fat

It can lower your total cholesterol but also may lower your “good” cholesterol. It is found in oils made from seeds and vegetables like...

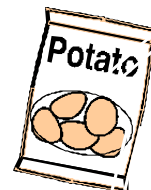
- Sunflower oil
- Corn oil
- Sesame oil
- Cottonseed oil
- Safflower oil
- Sunflower oil

## Avoid ...



**saturated fat.** It is solid at room temperature and raises “bad” cholesterol and lowers “good” cholesterol. It is found in animal products, baked goods, margarine, butter and some nuts. Examples...

- Coconut
- Coconut oil
- Lard
- Meat fat
- Poultry fat
- Palm oil
- Whole fat dairy foods



**trans-fat, hydrogenated fat, partially hydrogenated fat.** They are found in processed foods like chips, cookies, cakes, pies, and pastries.