

The Fats in Your Food. . .

Unhealthy fats

Type of Fat	Food sources
Cholesterol <ul style="list-style-type: none"> Fat-like waxy substance All animal foods contain cholesterol 	<ul style="list-style-type: none"> Animal foods including beef, chicken, seafood, liver, egg yolks and high fat dairy products
Saturated Fat (“Bad” fat) <ul style="list-style-type: none"> Hard or solid at room temperature Mainly from animal sources Elevates total cholesterol and LDL cholesterol 	<ul style="list-style-type: none"> High fat meats like sausage, salt pork, bacon, chicken skin, hot dogs, and high fat cuts of beef and pork Dairy fats such as whole or 2% milk, hard cheese, ice cream, butter, cream, sour cream and cream cheese Tropical fats including coconut oil, coconut, palm oil or palm kernel oil Chocolate, cocoa butter and partially hydrogenated oil or shortening
Trans Fats <ul style="list-style-type: none"> Formed when vegetable oils are turned solid, or partially hydrogenated Raises LDL cholesterol Lowers HDL cholesterol 	<ul style="list-style-type: none"> Margarine, especially stick margarine Partially hydrogenated oil or shortening Commercially baked goods (cakes, cookies, crackers, chips, frozen convenience foods) Restaurant or other commercial fried foods

Healthier Fats

Polyunsaturated Fat (“OK” fats) <ul style="list-style-type: none"> Liquid at room temperature Lowers both the HDL & LDL Plant or vegetable origin 	<ul style="list-style-type: none"> Oil: safflower, sunflower, corn, soybean, sesame Nuts: chestnuts, soy nuts, walnuts Seeds: pumpkin, sesame, sunflower
Polyunsaturated Fat/Omega-3 Fatty Acids <ul style="list-style-type: none"> Lowers blood triglycerides; may lower cholesterol Reduces fat deposits in arteries Other sources include flaxseed (Ground or oil), walnuts and canola oil 	<ul style="list-style-type: none"> Best: Anchovy, Albacore tuna, Atlantic mackerel, Bluefin tuna, Herring, Lake trout, most salmon, Sardine, Whitefish Good: Catfish, Chum salmon, Halibut, Rainbow trout, Red snapper, Stripped bass, Swordfish, Yellowfin tuna Adequate: Carp, Cod, Crab, haddock, Lobster, Northern pike, Ocean perch, Shrimp, Walleye
Monounsaturated Fat <ul style="list-style-type: none"> Liquid at room temperature May lower cholesterol and triglyceride levels Less likely to lower HDL (“Good” cholesterol) Plant or vegetable origin 	<ul style="list-style-type: none"> Oil: Canola oil, Olive oil, Peanut oil, Light “tub” margarine, “Squeeze” margarine, “Spray” margarine Nuts: Peanut, Peanut butter, Pistachios, Pecans, Cashews, Almonds Others: Olives, Avocado

