

















Do Your Heart Good!

Put Healthy Fats in Your Diet

 Monounsaturated <i>"Healthiest Fats"</i>	 Polyunsaturated <i>Good, Necessary Choice</i>	 Saturated <i>Less Healthy</i>	 Hydrogenated <i>"Bad--Trans Fats"</i>
Effect On Blood Cholesterol:			
 Total blood cholesterol  Lowers LDL ("bad" cholesterol)  Raises HDL ("good" cholesterol)	 Total blood cholesterol  Lowers LDL ("bad" cholesterol)  Lowers HDL ("good" cholesterol)	 Total blood cholesterol  Raises LDL ("bad" cholesterol)  Raises HDL ("good" cholesterol)	 Total blood cholesterol  Raises LDL ("bad" cholesterol)  Lowers HDL ("good" cholesterol)
Foods: <ul style="list-style-type: none"> ●☐ Almonds, peanuts, pecans ●☐ Peanut Butter, Almond Butter ●☐ Olive, Canola, Peanut Oils ●☐ Avocados 	<ul style="list-style-type: none"> ●☐ Fatty Fish (tuna, salmon, trout) ●☐ Seafood, Walnuts, Flaxseeds ●☐ Safflower, Sunflower Canola Oils 	<ul style="list-style-type: none"> ●☐ Meat, Poultry, Dairy ●☐ Coconut, Palm Oils 	<ul style="list-style-type: none"> ●☐ Most Prepackaged Prepared Foods ●☐ Frozen Foods, Dry Mixes ●☐ Many Snack Foods, Breakfast Cereals ●☐ Crackers, Cookies, Cakes, Donuts ●☐ Fried Fast Food, Chips
% Daily Calories 10-15%	10%	7-10% max	0 %
Note: Use these healthiest of fats most often in your diet. Keep in mind that no more than 30 percent of total daily calories should come from fat.	Essential fatty acids, omega-3 and omega-6 fats, included. These fats are necessary for many important body functions. They are an essential part of the diet because the body cannot produce them. Omega-3 fatty acids have also been shown to protect against heart disease.	Even healthy vegetable oils like olive and canola contain small amounts of saturated fats.	Formed when liquid oils are heat-processed into a more solid form. Increases shelf life of a food product. Also occur naturally in some animal products, but some research shows these naturally occurring trans fats may not be as unhealthy as their man-made counterparts.