

Fats!

Some are bad, and some are good, but which is which?

POLYUNSATURATED FAT

There are two main types of **polyunsaturated fats**: omega-3 and omega-6 fatty acids. These fats are used to build cell membranes and the covering of nerves and protects the heart. These fats are found in fatty fish such as salmon and sardines, flaxseeds, and walnuts.



Fish



Seeds



Canola Oil

MONOUNSATURATED FAT

Monounsaturated fats can help reduce bad cholesterol levels in your blood which can lower your risk of heart disease and stroke. Unsaturated fats are generally liquid at room temperature and come from plant foods, nuts and fish.



Avocados



Olive Oil



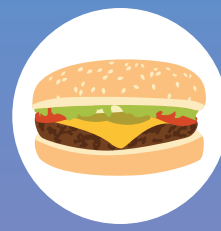
Nuts

SATURATED FAT

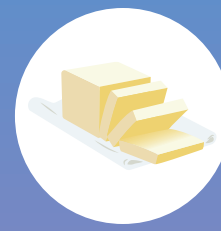
Saturated fats raise cholesterol levels and increase your risk of heart disease and stroke. These fats are generally solid at room temperature and are often found in animal-based foods, such as red meat, full-fat dairy products, and coconut oil.



Red Meat



Cheese



Butter

TRANS FAT

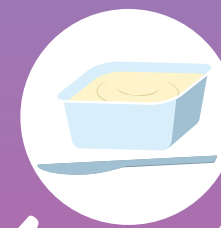
Trans fats can increase your risk of heart disease, stroke, and type 2 diabetes. These fats are used in processed foods to prolong shelf life. Although they are banned in the United States, some trans fat may remain in foods with partially hydrogenated oils. Check your ingredients list!



Some Desserts



Fried Foods



Margarine

Nutrition Facts

Serving Size 1oz. (28g / about ¼ cup)

Amount Per Serving
Calories 190

% Daily Value*

Total Fat 18g 23%

Saturated Fat 1.5g 8%

Trans Fat 0g

Polyunsaturated Fat 13g

Monounsaturated Fat 2.5g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 4g 1%



Nutrition Facts

2 servings per container

Serving size 1 cup (236ml)

Amount per serving
Calories 170

% Daily Value*

Total Fat 8g 16%

Saturated Fat 6g 30%

Trans Fat 2g

Cholesterol 25mg 8%

Sodium 200mg 9%

Total Carbohydrate 17g 6%

Dietary Fiber 0g 0%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 9g

