Guide: Healthy Fats and Unhealthy fats

If we know the different types of fats, the foods in which they are found and use the nutrition labels, it is much easier to have a balanced diet.

### Unhealthy Fats

**Saturated** *(reduce)*

- LDL ("bad" cholesterol)

**Trans** *(eliminate)* *(made by man)*

- LDL, Inflammation
- HDL ("good" cholesterol)

**Found mostly in animal based foods**

- Dairy products high in saturated Fat:
  - Butter
  - Whole milk, 2%
  - Cheese
  - Yogurt (made with whole milk)
  - Ice cream

- Meats high in fat:
  - Pork, beef
  - Poultry skin
  - Hot dogs and Sausage

- Other foods with saturated fat:
  - Lard
  - Hard margarines shortening
  - Coconut Oil
  - Palm Oil

**Found in many processed foods:**

- Fast food, fried food like French fries, fried chicken.
- Processed foods
- Cookies
- Crackers
- Muffins
- Pastries
- Popcorn (microwave)
- Chocolate
- Margarines in bar form
- Some soft margarines
- Shortening (Crisco)

### Healthy Fats

- **✓ Polyunsaturated**
  - Fats present in plant based foods and some fish
  - LDL ("bad" cholesterol)
  - HDL ("good" cholesterol)

- **✓ Monounsaturated**
  - Fats present in plant based foods
  - LDL ("bad" cholesterol)
  - HDL ("good" cholesterol)

**Omega 3 fatty acids:** *(enjoy!!)*

- Inflammation
- Cold water fish like:
  - Salmon
  - Sardines
  - Rainbow Trout
  - Albacore Tuna
- Flax Seed
- Walnuts
- Canola Oil

**Essential Fatty Acid 6:**

- Soy products: soy beans, tofu, soy butter
- Seeds: pumpkin, sunflower, sesame.
- Corn Oil, Soy Oil and Sunflower Oil should be limited

**Watch your portions of foods rich in healthy fats. Remember that these foods have a high calorie content.**

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Read the nutrition label to choose the products WITHOUT trans. Although the nutrition label shows "0%" trans, make sure the ingredient list does not say "hydrogenated fats", "partially hydrogenated" or shortening.