



Healthy and Unhealthy Fats: A Guide to Adding Fats to Your Diet



What are Unsaturated Fats?

Unsaturated fats are healthy fats! They improve control of blood sugar levels and benefit heart health. Healthy fats come in one of two forms:

Monounsaturated Fats

- Avocados, olives and olive oil
- Pumpkin and sesame seeds
- Cashews, peanuts, pecans, almonds

Polyunsaturated Fats

- Sunflower, corn, soybean, and canola oil
- Walnuts, pistachios, hazelnuts
- Fish oil

Good cholesterol ↑
↓ Bad cholesterol

What are Saturated Fats?

Saturated fats are unhealthy fats! They are mainly found in foods from animals and some plants. One important type of saturated fat is trans fats, which are bad for the heart, blood vessels, and body. Foods high in unhealthy fats include:

Saturated Fats

- Pizza, cheese
- Whole milk, ice cream
- Beef, lamb, pork
- Coconut, palm, and palm kernel oil

Trans Fats

- French fries
- Cheeseburgers, chicken nuggets
- Pies, donuts, pastries

Good cholesterol ↓
↑ Bad cholesterol

Recommendations

It is recommended that one-third of your diet is healthy fats. Try switching foods high in saturated fats with foods high in unsaturated fats to reach the daily fat recommendation:

Instead of: Packaged crackers

Try: Trail-mix, which is full of different nuts and seeds!

Instead of: Adding cheese to salad

Try: Adding olives, avocados, whole eggs, and an oil dressing!

