

What Are The Types Of Fat?

Limiting your fat intake is key to losing weight. Healthy eating includes small amounts of fats, but some fats are much healthier than others. Eating monounsaturated or polyunsaturated fats instead of saturated or trans fats may help improve your blood cholesterol.

Good Fats

Monounsaturated:



Canola, olive, nut and peanut oils (use these fats for cooking); peanuts; nuts; avocado; olives

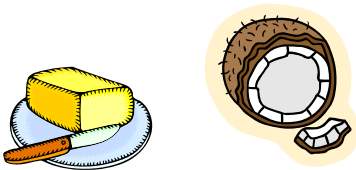
Polyunsaturated:



Most vegetable oils (corn, cottonseed, flaxseed, safflower, sesame, soybean, sunflower), nuts, seeds, peanuts, fish

Bad Fats

Saturated:



Animal sources such as meat, poultry, butter, lard, whole and reduced fat dairy products; tropical oils – coconut, palm and palm kernel
Saturated fats are solid at room temperature

Hydrogenated:



Many fats used in processed foods, snack foods, stick margarine, vegetable shortening; Read the ingredients list for shortening, “partially hydrogenated vegetable oil” (A liquid vegetable oil is changed to a solid fat by a chemical process.) *May be labeled as *trans* fat

MOVE!

