

GOOD FAT BAD FAT

Fats are essential to give your body energy and to support cell growth. They also help protect your organs and help keep your body warm. Fats help your body absorb some nutrients and produce important hormones too. Your body needs fat, but not as much fat as most people eat. There are four main fats found in foods: saturated fats, trans fats, monounsaturated fats, and polyunsaturated fats.

The different fats have different characteristics and different effects on health.

Monounsaturated Fat	Polyunsaturated Fat
Olive oil	Soybean oil
Canola oil	Corn oil
Sunflower oil	Safflower oil
Peanut oil	Walnuts
Olives	Sunflower, sesame, and pumpkin seeds; flaxseed
Nuts (almonds, peanuts, hazelnuts, macadamia nuts, pecans, cashews)	Fatty fish (salmon, tuna, mackerel, herring, trout, anchovies, sardines, and eel)
Avocados	Soy milk
Peanut butter	Tofu

Monounsaturated and polyunsaturated fats are known as healthy fats because they are good for your heart, cholesterol levels, and overall health. These fats tend to be liquid at room temperature.

Consider beneficial polyunsaturated fats containing Omega-3 fatty acids found in fatty fish, flaxseed, and walnuts.



Saturated fats and trans fats are known as the unhealthy fats. These fats have been shown to increase your risk of disease and elevate cholesterol levels. Saturated fats tend to be solid at room temperature, but they are also found in liquid tropical oils (palm and coconut). Trans fats (partially hydrogenated or hydrogenated fats) are oils that have been modified for longer shelf life. Work to eliminate trans fats and keep saturated fat intake low.

Saturated Fat	Trans Fat
High-fat cuts of meat (beef, lamb, pork)	Commercially baked pastries, cookies, doughnuts, muffins, cakes, pizza dough, pie crusts
Chicken with the skin	Packaged snack foods (crackers, microwave popcorn, chips)
Whole-fat dairy products (cream/milk)	Stick margarine
Butter	Vegetable shortening
Palm and coconut oil (snack foods, non-dairy creamers, whipped toppings)	Fried foods (French fries, fried chicken, chicken nuggets, breaded fish)
Ice cream	Candy bars
Cheese	Pre-mixed products (cake mix, pancake mix, chocolate drink mix)
Lard	

Will eating "good" fats instead of "bad" fats help me lose weight?

No, all fats are equally high in calories relative to carbohydrate and protein. Regardless of the source, if you eat more calories than you need, you will gain weight. To avoid weight gain, control the total amount of calories you eat.

