

Fats On Your Plate

Fats provide fuel and help us absorb certain vitamins. Fats also taste good and provide a sense of fullness at meals. One or two tablespoons of fats at each meal will give you the nutrition you need without too many extra calories.

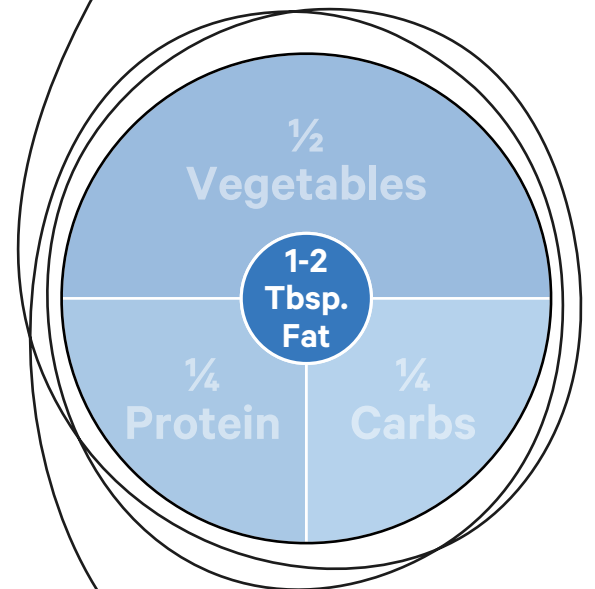
There are four main types of fats: monounsaturated, polyunsaturated, saturated, and *trans* fats. Eating the right kinds of fats can help reduce your risk for type 2 diabetes, cardiovascular disease, some cancers, and other health problems.



Monounsaturated and Polyunsaturated Fats

Monounsaturated and **polyunsaturated fats** can help lower LDL cholesterol. These heart-healthy fats come mostly from plant foods and fish. **Choose these fats more often:**

- Avocado and avocado oil
- Olive oil and olives
- Canola oil
- Nuts like almonds, cashews, pecans, and peanuts
- Nut butters made without palm oil
- Oily fish (salmon, sardines, herring, mackerel, tuna)
- Walnuts
- Flaxseeds and flaxseed oil
- Canola oil
- Chia seeds
- Tofu
- Eggs
- Peanut butter

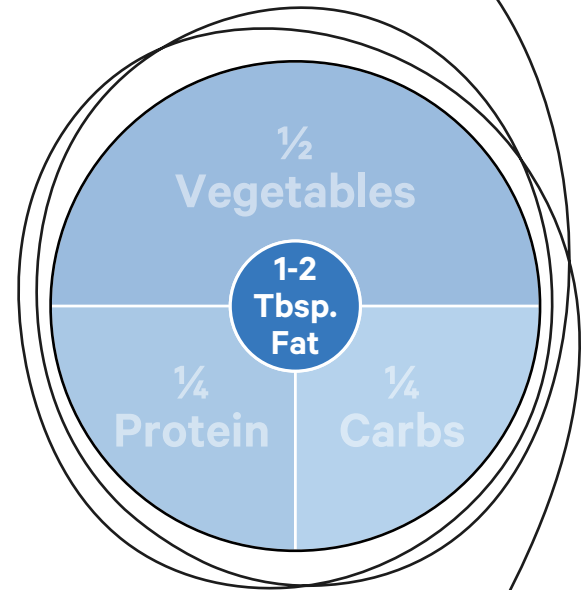




Saturated Fats

Saturated fats and **trans fats** can increase your cholesterol and heart disease risk. They come from animal sources, coconut or palm oils, and processed foods. **Choose these fats less often:**

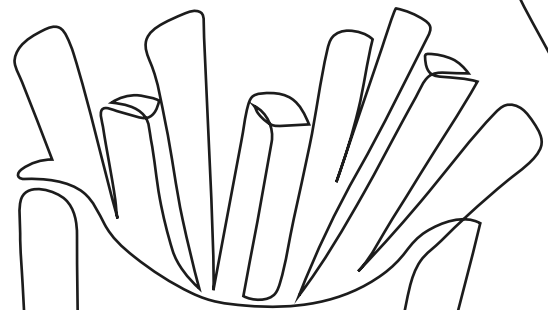
- Lard
- Fatback or salt pork
- High fat meats like ground beef, bologna, hot dogs, sausage, bacon, and spareribs
- High fat dairy like full-fat yogurt, cream cheese, cheese, ice cream, whole or 2% milk, and sour cream
- Butter
- Cream sauces and gravies
- Palm oil and palm kernel oil
- Coconut and coconut oil



Trans Fats

Trans fats are made in a process called *hydrogenation*. Read the ingredients list on foods and avoid foods with “hydrogenated oil” or “partially hydrogenated oil.” *Trans* fats are more harmful than saturated fat, **so avoid these foods as much as possible:**

- Processed snack foods and baked goods with hydrogenated or partially hydrogenated oil
- Margarines
- Shortening
- Some fast-food items like French fries



What could you do to choose more heart-healthy fats at meals or snacks?

