

Common Fats and Oils

Fat in your diet affects lipids or fats in your blood. It is important to know which fats are healthy choices for your heart.

Types of Fat	Effect on Lipids	Food Sources
Mono-unsaturated Fats	<p>Lowers LDL (bad) cholesterol</p> <p>Maintains HDL (good) cholesterol when replacing saturated fat</p>	Olive oil, olives, canola oil, nuts, avocados, tub margarine, peanut oil, peanut butter
<p>Poly-unsaturated Fats</p> <p>Omega – 3 fatty acid</p> <p>Liquid Oils</p>	<p>Lowers total cholesterol</p> <p>Lowers triglycerides</p>	Walnuts, flaxseed oil, chia seeds, fatty fish, krill/ fish/ cod liver oils, algal oil
<p>Poly-unsaturated Fats</p> <p>Omega – 6 fatty acid</p> <p>Liquid Oils</p>	<p>Lowers total cholesterol</p> <p>Lowers HDL (good) cholesterol</p>	Vegetable oil, corn oil, soybean oil, safflower oil, sunflower oil
<p>Saturated Fat</p> <p>“Animal Fat”</p> <p>Solid Fat</p>	<p>Raises total cholesterol</p> <p>Lowers HDL (good) cholesterol</p>	Cream, butter, whole milk, ice cream, cheese, fatty meats, poultry skin, coconut oil
<p>Partially Hydrogenated Fats</p> <p>“Trans Fatty Acids”</p> <p>Solid Fat</p>	<p>Raises LDL (bad) cholesterol</p> <p>Lowers HDL (good) cholesterol</p>	Stick margarine, snack foods, cookies, crackers, cakes, pastries, vegetable shortening