
Common Fats and Oils

Fats can be and are a part of a healthy diet. Fat in your diet affects lipids or fats in your blood. It is important to know which fats are healthier choices for your heart. The four main type of fats are monounsaturated, polyunsaturated, saturated, and transfats.

Types of Fat	Effect on Lipids	Food Sources
Monounsaturated Fats	Lowers LDL (bad) cholesterol Maintains HDL (good) cholesterol when replacing saturated fat	Nontropical vegetable oils - Olive oil, canola oil, peanut oil, safflower oil, sesame oil, Foods - avocados, peanut butter, some nuts/seeds
Polyunsaturated Fats Omega-3 Fatty Acids & Omega-6 Fatty Acids (Liquid Oils)	Both lower total cholesterol Omega-3 FA - Lowers triglycerides Omega-6 FA – Lowers HDL (good) cholesterol	Omega-3 FA - Walnuts, flaxseed oil, chia seeds, fatty fish, krill/ fish/ cod liver oils, algal oil Omega-6 FA - Vegetable oil, corn oil, soybean oil, safflower oil, sunflower oil
Saturated Fat Animal Fat Sources (Solid Fats)	Raises total cholesterol Lowers HDL (good) cholesterol	Cream, butter, whole milk, ice cream, cheese, fatty meats, poultry skin, coconut oil, palm oil
Partially Hydrogenated Fats Trans Fatty Acids	Raises LDL (bad) cholesterol Lowers HDL (good) cholesterol	Stick margarine, snack foods, cookies, crackers, cakes, pastries, vegetable shortening