

Guide: Healthy Fats and Unhealthy fats

If we know the different types of fats, the foods in which they are found and use the nutrition labels, it is much easier to have a balanced diet.

Unhealthy Fats		Healthy Fats	
<p>Saturated (reduce)</p> <p>↑ LDL ("bad" cholesterol)</p>	<p>Trans (eliminate) (made by man)</p> <p>↑ LDL, Inflammation ↓ HDL ("good" cholesterol)</p>	<p>✓ Polyunsaturated</p> <p>Fats present in plant based foods and some fish</p> <p>↓ LDL ("bad" cholesterol)</p>	<p>✓ Monounsaturated</p> <p>Fats present in plant based foods</p> <p>↓ LDL ("bad" cholesterol) ↑ HDL ("good" cholesterol)</p>
<p>Found mostly in animal based foods</p> <p>Dairy products high in saturated Fat: Butter Whole milk, 2% Cheese Yogurt (made with whole milk) Ice cream</p> <p>Meats high in fat: Pork, beef Poultry skin Hot dogs and Sausage</p> <p>Other foods with saturated fat: Lard Hard margarines shortening Coconut Oil Palm Oil</p>	<p>Found in many processed foods: Fast food, fried food like French fries, fried chicken. Processed foods Cookies Crackers Muffins Pastries Popcorn (microwave) Chocolate Margarines in bar form Some soft margarines Shortening (Crisco)</p> <p><i>Read the nutrition label to choose the products WITHOUT trans. Although the nutrition label shows "0%" trans, make sure the ingredient list does not say "hydrogenated fats", "partially hydrogenated" or shortening.</i></p>	<p>Omega 3 fatty acids: (enjoy!!) ↓ Inflammation</p> <p>Cold water fish like: Salmon Sardines Rainbow Trout Albacore Tuna</p> <p>Flax Seed Walnuts Canola Oil</p> <p>Essential Fatty Acid 6: Soy products: soy beans, tofu, soy butter Seeds: pumpkin, sunflower, sesame.</p> <p><u>Corn Oil, Soy Oil and Sunflower Oil should be limited</u></p>	<p>Canola Oil Olive Oil Olives Dried Fruit Pistachios, almonds, Macadamia nuts, pecans, peanuts Avocado</p> <p>✓ <u>Watch your portions of foods rich in healthy fats. Remember that these foods have a high calorie content.</u></p>