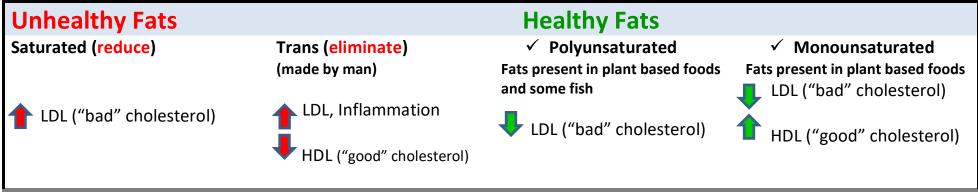
## **Guide: Healthy Fats and Unhealthy fats**

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.



Found mostly in animal based foods

Dairy products high in saturated

Fat: Butter

Whole milk. 2%

Cheese

Yogurt (made with whole milk)

Ice cream

Meats high in fat:

Pork. beef Poultry skin

Hot dogs and Sausage

Other foods with saturated fat:

Lard

Hard margarines

shortening Coconut Oil

Palm Oil

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.

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)

Omega 3 fatty acids: (enjoy!!)

Inflammation

Cold water fish like:

Salmon Sardines Rainbow Trout Albacore Tuna

Flax Seed Walnuts Canola Oil

**Essential Fatty Acid 6:** Soy products: soy beans, tofu, soy

butter

Seeds: pumpkin, sunflower, sesame.

Corn Oil, Soy Oil and Sunflower Oil should be limited

Canola Oil Olive Oil

Olives **Dried Fruit** 

Pistachios, almonds, Macadamia nuts, pecans,

peanuts

Avocado

Watch your portions of foods rich in healthy fats. Remember that these foods have a high calorie content.