

Fat Facts

The Good, The Bad, and Omega-3 Fats



Fats and oils are important parts of a healthful diet, but the type of fat you choose makes a big difference for the health of your heart.

GOOD

For your heart's sake, keep your fat intake between 20 percent and 35 percent of your total calories. Dietary Guidelines for Americans recommends that most dietary fat come from two sources: monounsaturated and polyunsaturated fat, which mostly come from plant oils. Common monounsaturated fats are canola, olive and peanut oils. Polyunsaturated fats include corn and soybean oils, as well as many seeds, nuts and their oils.

BAD

Trans fat is a type of fat that raises cholesterol in the same way as saturated fat. Limit your consumption of saturated and trans fats. Saturated fats are solid at room temperature and tend to raise both LDL and HDL cholesterol levels. Trans fats are mainly found in food prepared with partially hydrogenated oil.

OMEGA -3

Omega-3 fats are a type of polyunsaturated fat. They are the “rock stars” of the fat world and have many benefits for your brain and heart.

Get your omega-3 fats by enjoying these foods:

- Omega-3 fortified eggs
- Seafood, especially fish such as salmon, tuna, mackerel, sardines, herring and lake trout
- Walnuts
- Canola oil
- Flax seeds
- Small leafy greens
- Whole soy foods
- Wheat germ

