

Know Your Fats

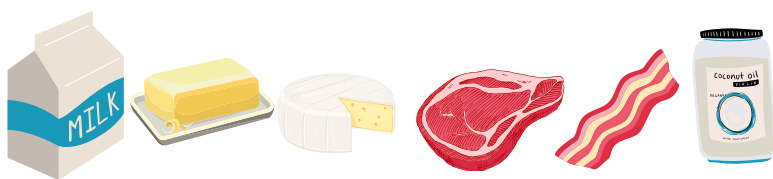
Fats get a bad reputation, but they are part of a healthy diet! There are three types of fats: **SATURATED**, **UNSATURATED**, and **TRANS FATS**.



How you cook your meal can help reduce the overall amount of fat needed in a recipe. Instead of frying, try grilling or roasting. Choose low-fat products, or enjoy full-fat foods in moderation! Fats interact differently in our bodies and can be more or less healthy depending on the type of fat.

Saturated Fats

These raise our "bad" cholesterol (LDL) and **raises** risk of heart disease and stroke. Saturated fats can be enjoyed in **moderation**.



Saturated fats are solid at room temperature, and include fats in dairy, meat, and coconut.

Unsaturated Fats

These **lower** our "bad" cholesterol (LDL) and **reduce** the risk of heart disease and stroke. Unsaturated fats can be enjoyed **frequently**.



Unsaturated fats are liquid at room temperature, and include fats in avocado, nuts and seeds, eggs, and vegetable oils.

Trans Fats

Trans fats, also called hydrogenated oils, or partially-hydrogenated oils, **raise** our "bad" cholesterol (LDL) AND **lower** our "good" cholesterol, greatly raising the risk of heart disease and stroke. Trans fats **should be avoided**.



Trans fats are less common in foods, but can be in shelf-stable baked goods, deep fried foods, and some margarines.

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