

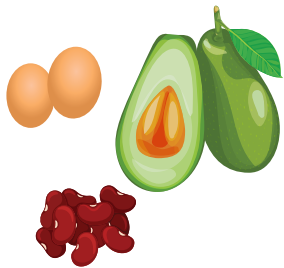
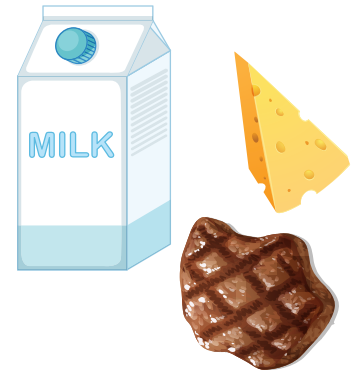
# Know Your Fats

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

## Saturated Fats

Enjoy **saturated fats IN MODERATION**. These **raise** our “bad” cholesterol (LDL) and **increase** the risk of heart disease and stroke.

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



## Unsaturated Fats

Enjoy **unsaturated fats FREQUENTLY**. These **lower** our “bad” cholesterol (LDL) and **reduce** the risk of heart disease and stroke.

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

## Trans Fats

**AVOID trans fats altogether!** Also called hydrogenated or partially hydrogenated oils, trans fats **raise** our “bad” (LDL) cholesterol AND **lower** our “good” (HDL) cholesterol, greatly increasing the risk of heart disease and stroke.

*Trans fats are less common but can be found in shelf-stable baked goods – including those labeled “low fat” – as well as in deep fried foods and some margarines.*



**TIP:** 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 healthful depending on the type of fat.