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.