**Fats: The Good, The Bad & The Ugly**

**GOOD**
- Monounsaturated & Polyunsaturated Fats
  - Can lower bad cholesterol levels
  - Can lower risk of heart disease & stroke
  - Can provide essential fats that your body needs but can't produce itself
  
  **SOURCE**
  Plant-based liquid oils, nuts, seeds and fatty fish

  **EXAMPLES**
  - Oils (such as canola, olive, peanut, safflower and sesame)
  - Avocados
  - Fatty Fish (such as tuna, herring, lake trout, mackerel, salmon and sardines)
  - Nuts & Seeds (such as flaxseed, sunflower seeds and walnuts)

**BAD**
- Saturated Fats
  - Can raise bad cholesterol levels
  - Can lower good cholesterol levels
  - Can increase risk of heart disease & stroke

  **SOURCE**
  Most saturated fats come from animal sources, including meat and dairy, and from tropical oils

  **EXAMPLES**
  - Beef, Pork & Chicken Fat
  - Butter
  - Cheese (such as whole milk cheeses)
  - Tropical Oils (such as coconut, palm kernel and palm oils)

**UGLY**
- Hydrogenated Oils & Trans Fats
  - Can raise bad cholesterol levels
  - Can lower good cholesterol levels
  - Can increase risk of heart disease & stroke
  - Can increase risk of type 2 diabetes

  **SOURCE**
  Processed foods made with partially hydrogenated oils

  **EXAMPLES**
  - Partially Hydrogenated Oils
  - Some Baked Goods
  - Fried Foods
  - Stick of Margarine

**American Heart Association Recommendation**
- Eat a diet that:
  - Includes **GOOD FATS** (nuts, seeds, fatty fish, non tropical oils)
  - Limits saturated fats to no more than 5-6% of calories
  - Keeps trans fats as LOW as possible

For more information, go to [heart.org/fats](http://heart.org/fats)