Guide: Healthy Fats and Unhealthy fats

If we know the different types of fats, the foods in which they are found and use the nutrition labels, it is much easier to have a balanced diet.

Unhealthy Fats

Saturated (reduce)

↑ LDL ("bad" cholesterol)

Trans (eliminate)
(made by man)

↑ LDL, Inflammation

↓ HDL ("good" cholesterol)

Healthy Fats

✓ Polyunsaturated
Fats present in plant based foods and some fish

↓ LDL ("bad" cholesterol)

✓ Monounsaturated
Fats present in plant based foods

↓ LDL ("bad" cholesterol)

↑ HDL ("good" cholesterol)

Found mostly in animal based foods

Dairy products high in saturated Fat:
Butter
Whole milk, 2%
Cheese
Yogurt (made with whole milk)
Ice cream

Meats high in fat:
Pork, beef
Poultry skin
Hot dogs and Sausage

Other foods with saturated fat:
Lard
Hard margarines
shortening
Coconut Oil
Palm Oil

Found in many processed foods:
Fast food, fried food like French fries, fried chicken.
Processed foods
Cookies
Crackers
Muffins
Pastries
Popcorn (microwave)
Chocolate
Margarines in bar form
Some soft margarines
Shortening (Crisco)

Read the nutrition label to choose the products WITHOUT trans. Although the nutrition label shows "0%" trans, make sure the ingredient list does not say "hydrogenated fats", "partially hydrogenated" or shortening.

Omega 3 fatty acids: (enjoy!!)
↓ **Inflammation**

Cold water fish like:
Salmon
Sardines
Rainbow Trout
Albacore Tuna

Flax Seed
Walnuts
Canola Oil

Essential Fatty Acid 6:
Soy products: soy beans, tofu, soy butter
Seeds: pumpkin, sunflower, sesame.

Corn Oil, Soy Oil and Sunflower Oil should be limited

Canola Oil
Olive Oil
Olives
Dried Fruit
Pistachios, almonds, Macadamia nuts, pecans, peanuts
Avocado

✓ Watch your portions of foods rich in healthy fats. Remember that these foods have a high calorie content.