

Common Fats and Oils

Fat in your diet affects your heart.
It is important to know which fats are healthy choices for your heart.

Types of Fat	Effect on Lipids	Food Sources
<p>Saturated Fat</p> <p>“Animal Fat”</p> <p>Solid Fat</p>	<p>Raises total cholesterol</p> <p>Lowers HDL (good) cholesterol</p>	<p>cream, butter, whole milk, ice cream, cheese, fatty meats, poultry skin</p> 
<p>Partially Hydrogenated Fats</p> <p>“Trans Fatty Acids”</p> <p>Solid Fat</p>	<p>Raises LDL (bad) cholesterol</p> <p>Lowers HDL (good) cholesterol</p>	<p>snack foods, cookies, crackers, cakes, margarine</p> 
<p> Poly-unsaturated Fats</p> <p>Omega – 6</p> <p>Liquid Oils</p>	<p>Lowers total cholesterol</p> <p>Lowers HDL (good) cholesterol</p>	<p>vegetables oils, corn oil, safflower oil and sunflower oil</p> 
<p> Poly-unsaturated Fats</p> <p>Omega – 3</p> <p>Liquid Oils</p>	<p>Lowers total cholesterol</p> <p>Lowers triglycerides</p>	
<p> Mono-unsaturated Fats</p>	<p>Lowers LDL (bad) cholesterol</p> <p>Maintains HDL (good) cholesterol when replacing saturated fat</p>	<p>olive oil, olives, canola oil, nuts, avocados, and seafood</p> 