



THE GOOD, THE NOT-SO-GOOD, *and the ones to limit*

Not all fats are created equal.

Understanding the types of fat can help you make choices that support your heart, brain and overall health.



SATURATED FATS

Solid at room temperature.



THE IMPACT

Linked to increased LDL (bad) cholesterol and higher risk of heart disease.



SOURCES INCLUDE

- Dairy – cheese, milk, butter
- Red meat and other processed meats
- Coconut milk/cream
- Some chocolates



UNSATURATED FATS

Liquid at room temperature (usually).



THE IMPACT

Helps to lower LDL (bad) cholesterol and supports heart health.



SOURCES INCLUDE

- Olive oil
- Peanut oil
- Canola oil
- Nuts & seeds – almonds, pumpkin seeds, walnuts, pecans



TRANS FATS

Man-made fats.



THE IMPACT

Heavily linked to increased risk of heart disease. Higher LDL and lower HDL (good) cholesterol.



SOURCES INCLUDE

- Partially hydrogenated oils
- Some margarines
- Fried foods
- Store-bought pastries, doughnuts, cookies, and other baked goods



WHAT YOU MIGHT BE MISSING:

Omega-3 fats are essential fats your body needs but can't make on its own. They help reduce inflammation, support brain function, and promote heart health. Good plant-based sources include: flaxseeds, chia seeds, hemp seeds, walnuts, and algae-based omega-3 supplements.

