




WHAT'S FAT GOT TO DO WITH IT?

	TYPES OF FAT IN FOODS (and some food sources)	What it does to your blood fats
	<p>Best Choices - Use in Moderation</p> <p>OMEGA-3 FAT Fish: (especially fatty fish such as mackerel, sardines, salmon, herring, trout), seafood, omega-3 eggs, wild game (grass fed). Oils: canola, flax, hemp seed. Nuts and Seeds: walnuts, pumpkin seeds, ground or crushed flaxseed. Soybean products, non-hydrogenated margarines (made with above oils).</p>	<p>Decreases triglycerides (fish sources only)</p> <p>May improve HDL (good cholesterol)</p> <p>Thins the blood</p>
	<p>MONOUNSATURATED FAT Fish and seafood. Oils: olive, canola, peanut, and sesame. Nuts: almonds, cashews, chestnuts, hazelnuts, macadamias, pecans, pistachios, and their butters. Olives, avocado, mayonnaise, sesame seeds, non-hydrogenated margarines (made with above oils).</p>	<p>Decreases LDL (bad cholesterol)</p> <p>May improve HDL (good cholesterol)</p>
	<p>Use in Small Amounts</p> <p>OMEGA-6 FAT, OMEGA-9 FAT (PolyUNsaturated Fat) Oils: Grapeseed, corn, safflower, sunflower, soybean, cottonseed. Sunflower seeds, wheat germ, non-hydrogenated margarines (made with these oils).</p>	<p>Decreases LDL (bad cholesterol)</p> <p>May decrease HDL (good cholesterol)</p>
	<p>Limit</p> <p>SATURATED FAT Meat (fresh or processed), dark poultry meat (fresh or processed); poultry skin, high fat dairy products, egg yolk, butter, lard (beef tallow), hydrogenated oils. Tropical oils: palm oil, palm kernel oil, coconut oil. Bakery products (made with butter), potato chips, chocolate.</p>	<p>Increases LDL (bad cholesterol)</p> <p>Increases HDL (good cholesterol)</p>
	<p>Avoid</p> <p>TRANS FAT Partially hydrogenated vegetable oil, vegetable oil shortening. Deep fried foods, fast foods. Some packaged foods: some cookies, crackers, potato chips, convenience foods, commercial baked goods, hydrogenated margarines, candy bars. Note: natural trans fats found in the milk and meat of ruminant animals, such as dairy cattle, beef cattle, goats and sheep are not harmful.</p>	<p>Increases LDL (bad cholesterol)</p> <p>Decreases HDL (good cholesterol)</p>