

# TRANS FATS

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## DON'T EAT ANY OF THESE!

*Real-World Example: Animal lard*

*These are doubly bad solids that line your arteries with bad (LDL) cholesterol plaques and they lower your good (HDL) cholesterol.*

## SATURATED FATS

### LIMITED USE

*These semi-solids line your arteries with plaque. Use them only for special situations.*

### EAT < 7 G DAILY

*Real-World Examples: whole milk, animal fats, shortening sticks*

*Oil Examples: coconut oil, palm oil  
Tropical oils\**

*\*Tropical oils do have good fats, too, but they can be up to 50% saturated, which makes them poor everyday options.*

### RELY ON THESE

*Unsaturated fats give our bodies good HDL cholesterol & help balance insulin sensitivity and blood pressure, especially when used in place of bad fat sources.*

### MUFAS

*Monounsaturated fats*

*Real-World Examples: avocado, nuts and nut butters*

*Oil Examples: canola, sesame, olive, peanut, safflower oils*

### EVEN BETTER

*The best fats, they lower LDL and raise HDL, & they provide fatty acids that protect nerves, vision, and more. Replacing bad fats with these is a double-boost to health.*

### PUFAS

*Polyunsaturated fats*

*Real-World Examples: fatty fish (salmon, tuna), sunflower or flax seeds, walnuts, soybeans*

*Oil Examples: sunflower oil, flax seed oil, soybean oil, corn oil*