

The Skinny on Fats

We've been taught that fat is bad for you because it

- Clogs arteries
- Raises your cholesterol
- Makes you gain weight
- Leads to heart disease and hypertension

However, it is important to instead, focus on choosing more healthy fats, sticking to the correct serving size, and limiting unhealthy fats. Choosing and consuming healthy fats may help increase your HDL and lower your triglyceride levels. Adding healthy fats to your meals and snacks may also help you lose weight because fat keeps you feeling satisfied which in turn will help you eat less. Try incorporating more healthy fats in your diet and limit unhealthy fats. For appropriate serving sizes, refer to your Calorie Meal Plan provided by your Registered Dietitian!

Healthy Fats

Monounsaturated Fats	Polyunsaturated Fats
Olive oil	Fish: halibut, tuna, trout, herring, sardines, and salmon
Safflower, sunflower, peanut, and sesame oil	Soybean, corn, and sunflower oil
Avocado	Walnuts
Olives	Sesame, pumpkin, sunflower and chia seeds
Nuts: almonds, cashes, hazelnuts, macadamia, pecans	Soymilk
Eggs	Tofu
	Seaweed

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Unhealthy Fats	
Saturated Fats	Trans Fats
Trans fats	Any product that lists “partially hydrogenated vegetable oil” under ingredient list
Fatty cuts of beef, lamb and pork	Stick margarine, some vegetable oils
Chicken and turkey skin	Some varieties of microwavable popcorn
Whole milk and cream <small>(*excessive amounts that lead to consuming over calorie goal, preventing weight loss or weight maintenance)</small>	Fried foods: French fries, chicken nuggets, chicken wings, fried fish, potato chips, candy bars
Whole milk ice cream	Processed cookies, cakes and pastries
Tropical oils: palm and coconut oil	Frozen dinners and frozen pizza
Butter, lard	Hamburger buns, hard taco shells
Bacon	Pancake mix, cake mix, and frosting
Cheese	Breakfast sandwiches
Hamburgers	Slim Jims
Sausages	Packaged puddings
Whipped cream	Vegetable shortening
	Some non dairy coffee creamers

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