

GOOD FATS

Monounsaturated fat

olive oil
canola oil
sunflower oil
peanut oil
sesame oil
avocados
olives
nuts
peanut butter

Polyunsaturated fat

soybean oil
corn oil
safflower oil
walnuts
sunflower, sesame, pumpkin seeds
flaxseed
fatty fish: salmon, tuna, sardines
soymilk
tofu

BAD FATS

Saturated fat

high-fat cuts of meat (beef, pork, lamb)

chicken skin
whole fat dairy products
butter
cheese
ice cream
palm and coconut oil *
lard

Trans fat

commercially baked pastries, cookies,
doughnuts, muffins, cakes, pizza dough
packaged snack foods
margarine
vegetable shortening
fried foods: French fries, breaded foods
candy bars

TO LOWER CHOLESTEROL:

Decrease fast food, packaged food.

Increase dietary fiber: eat vegetables, fruit and whole grains.

Eat raw nuts.

Have red meat 2-3x/week.

Have fish 2-3x/week.

Use olive oil.

Get more movement!

Consider taking a fish oil or flax oil supplement.