

## Fat Types and Food Sources

Cholesterol	Saturated Fat	Trans Fat	Unsaturated Fat
Limit these as much as possible. Eating too many of them can hurt your heart and cholesterol levels.		You don't need any of these.	These <u>don't</u> hurt your heart or cholesterol levels.
<ul style="list-style-type: none"> <li>• Meat (beef &amp; pork)</li> <li>• Poultry (chicken &amp; turkey)</li> <li>• Milk</li> <li>• Cheese</li> <li>• Butter</li> <li>• Ice cream</li> <li>• Cream cheese</li> <li>• Sour cream</li> <li>• Egg yolk</li> </ul>	<ul style="list-style-type: none"> <li>• Meat (beef &amp; pork)</li> <li>• Poultry (chicken &amp; turkey)</li> <li>• Milk</li> <li>• Cheese</li> <li>• Butter</li> <li>• Ice cream</li> <li>• Cream cheese</li> <li>• Sour cream</li> <li>• Egg yolk</li> <li>• Palm oil</li> <li>• Coconut Oil</li> <li>• Lard</li> <li>• Crisco</li> <li>• Fried foods</li> </ul>	<ul style="list-style-type: none"> <li>• Many processed foods like chips and cookies</li> <li>• Some margarines</li> <li>• Crisco</li> <li>• Ingredients:               <ul style="list-style-type: none"> <li>◦ hydrogenated oils</li> <li>◦ partially hydrogenated oils</li> </ul> </li> </ul>	<p style="text-align: center;"><u>Polyunsaturated Fats</u></p> <ul style="list-style-type: none"> <li>• Safflower oil</li> <li>• Sunflower oil</li> <li>• Corn oil</li> <li>• Soybean oil</li> <li>• Cottonseed oil</li> <li>• Sesame oil</li> <li>• Walnuts</li> <li>• Fish               <ul style="list-style-type: none"> <li>◦ (salmon, tuna, mackerel, lake trout, herring, sardines)</li> </ul> </li> <li>• Flaxseed</li> <li>• Mayonnaise</li> </ul> <p style="text-align: center;"><u>Monounsaturated Fats</u></p>
<p><i>Tip: Choose lower fat options of these foods to limits these fats.</i></p> <ul style="list-style-type: none"> <li>▪ nonfat or lowfat dairy products</li> <li>▪ loin or round for beef and pork</li> <li>▪ skinless turkey or chicken</li> </ul>			<p><i>Tip: Even though these fats are better, remember that they should still be eaten in moderation.</i></p>