



# Fat Facts

There are good fats and bad fats, but how do you know which are which?

Let's break it down!

## Main types of fats:

1. Saturated
2. Monounsaturated
3. Polyunsaturated
4. Trans-fatty acids



Saturated	Monounsaturated	Polyunsaturated	Trans-fatty acid
<i>Where you'll find them</i>			
Beef, poultry, pork, cow's milk, coconut, avocado, palm oil, full-fat dairy	Avocados, olives, olive oil, nuts, sunflower oil, seeds, halibut, sablefish, mackerel, vegetables high in oleic-acid <sup>1</sup>	Salmon, sardines, mackerel, herring, trout, fresh tuna, flax seed, walnuts, flax seed oil, soybean oil	May be found in: margarine, processed foods, candy, chips, soda, flaky pastries, some peanut butters
<i>What they are</i>			
Solid at room temperature. Chemically, they consist of carbon atoms saturated with hydrogen atoms.	Liquid at room temperature, but become solid when chilled. Their chemical makeup consists of one double-bonded carbon molecule.	Liquid at room temperature and even when chilled. Their chemical makeup has more than one double-bonded carbon atom. Known as the "omega fats".	Most are created industrially by adding hydrogen bonds to liquid oils to make a more shelf-stable product. However, some trans-fats occur naturally in beef, lamb, butterfat and dairy. <sup>2</sup>
<i>Physiologic effects</i>			
Potentially increase risk of heart disease. <sup>3</sup>	Raise good HDL and lower LDL.	Raise good HDL and lower LDL. Omega-3 fatty acids are considered anti-inflammatory and are associated with lower risk of death.	Raise LDL and lower HDL, which leads to plaque buildup in arteries and increased risk of heart disease
<i>What to eat - What to avoid</i>			
While opinions are mixed, it is generally recommended to limit consumption of red meats and butter. <sup>4</sup>	Generally considered heart-healthy, these foods should be eaten daily.	Generally considered heart-healthy, strive to eat cold water fish 3 times per week and plant-based polys often.	<b>Entirely avoid</b> products with partially-hydrogenated oils listed on the ingredients.

<sup>1</sup> Turcotte, Michelle. "The Best Sources of Monounsaturated Fat." *Livestrong.com*. N.p., 10 Mar 2011. Web. 1 Feb 2012. <<http://www.livestrong.com/article/35226-sources-monounsaturated-fat/>>.

<sup>2</sup> "Trans fat." *American Heart Association*. N.p., 29 Oct 2010. Web. 17 Feb 2012.

<[http://www.heart.org/HEARTORG/GettingHealthy/FatsAndOils/Fats101/Saturated-Fats\\_UCM\\_301120\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/FatsAndOils/Fats101/Saturated-Fats_UCM_301120_Article.jsp)>.

<sup>3</sup> Fats and Cholesterol, "The Nutrition Source." Harvard School of Public Health.

<sup>4</sup> National Institute of Health. National Library of Medicine. *Fat*. Web. <<http://www.nlm.nih.gov/medlineplus/ency/article/002468.htm>>