# VitaMin

**Vital health information in a minute**

## DON'T SKIMP ON HEALTHY FATS

Fat isn't all bad – as long as you know which foods to eat, and what to avoid. Do you know the difference between good-for-you fats and the artery-clogging type? Read on for a closer look.

**Bad fats:** Saturated and trans fats increase your risk of heart disease because they raise your cholesterol. Meat, dairy products, baked goods, fried foods, shortening and margarine all contain these unhealthy fats.

**Good fats:** Unsaturated fats can help your heart by lowering cholesterol levels. They also provide the essential fats your body needs to function.[1]

› Monounsaturated fats have a positive effect on your heart health. You can find them in avocados, nuts, oils and other foods.

› Omega-3 fatty acids are a type of polyunsaturated fat that's especially heart healthy. Fatty fish, flaxseed, oils and walnuts have omega-3 fats.

Reap the health benefits when you replace bad fats with good fats in your diet. But don't go overboard – you should eat healthy-fat foods in moderation. Here's a grocery list with foods that are good sources of healthy fats.[2]

| Nuts | Fatty fish | Seeds | Must-haves |
|---|---|---|---|
| Almonds | Albacore tuna (fresh and canned) | Flaxseed | Avocado |
| Brazil nuts | Lake trout | Pumpkin seeds | Eggs enriched with omega-3 |
| Cashews | Mackerel | Sunflower seeds | Olive oil |
| Peanuts | Salmon | | |
| Pecans | | | |
| Walnuts | | | |

### Sources:

1. Academy of Nutrition and Dietetics. "Choose Healthy Fats." Web (last reviewed/updated March 6, 2017).
2. WebMD. "Slideshow: Healthy-Fat Foods." Web (last reviewed/updated February 14, 2018).

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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