



FATS AND HEART HEALTH

There are different types of fats in foods.

The ones that accumulate as plaque inside your arteries are the saturated and trans fats. These can raise your LDL cholesterol levels (bad cholesterol) and then increase your risk for heart disease.

Compare labels when you grocery shop

- As little as possible of saturated fat
- As close to zero as possible for trans fat
- Moderate amounts of polyunsaturated and monounsaturated fats

The ones that do not accumulate as plaque are the unsaturated:

polyunsaturated and **monounsaturated**.



**CHOOSE
MORE OFTEN**

Foods containing unsaturated fats:

Polyunsaturated Fat:

From plant sources - safflower, sunflower, or corn oil

Monounsaturated Fat:

From plant source - olive and canola



**CHOOSE
OCCASIONALLY**

Foods containing saturated fats:

Saturated Fat:

Animal sources - butter, lard, fatty meats

Plant sources - coconut and palm oil

Trans Fat (mostly man-made fat):

Regular margarine, shortening and partially hydrogenated oils

For more information, visit heartofnewulm.org.