

THE FACTS on FAT

The American Heart Association recommends replacing “bad” (saturated) fats with “good” (unsaturated) fats as part of a healthy eating pattern.



LOVE IT

POLYUNSATURATED and MONOUNSATURATED



- Lowers rates of cardiovascular and all-cause mortality.
- Lowers bad cholesterol & triglyceride levels.
- Provides essential fats your body needs but can't produce itself.



LIMIT IT

SATURATED



- Increases risk of cardiovascular disease.
- Raises bad cholesterol Levels.



LOSE IT

TRANS FAT, HYDROGENATED OILS and TROPICAL OILS



- Increases risk of heart disease.
- Raises bad cholesterol Levels.



GastroDoxs
defenders of the digestive system