

What is Good Fat?



Good Fat

Monounsaturated and polyunsaturated fats
— lower disease risk.

Foods high in good fats include vegetable oils (such as olive, canola, sunflower, soy, and corn), nuts, seeds, and fish.

Saturated fat — a type of dietary fat, one of the unhealthy fats.

Not As Good Fat

Foods containing large amounts of saturated fat include red meat, butter, cheese, and ice cream. Some plant-based fats like coconut oil and palm oil are also rich in saturated fat.



Bad Fat

Trans fats — increase disease risk, even when eaten in small quantities.



Foods containing trans fats are primarily in processed foods made with trans fat from partially hydrogenated oil. Fortunately, trans fats have been eliminated from many of these foods.



GastroDoxs
— defenders of the digestive system —