

FATS

THE GOOD THE BAD & THE UGLY

✓ GOOD

Monounsaturated & Polyunsaturated Fats

- Can lower bad cholesterol levels
- Can lower risk of heart disease & stroke
- Can provide essential fats that your body needs but can't produce itself

SOURCE:

Plant-based liquid oils, nuts, seeds and fatty fish

EXAMPLES:



Oils (such as canola, olive, peanut, safflower and sesame)



Avocados



Fatty Fish (such as tuna, herring, lake trout, mackerel, salmon and sardines)



Nuts & Seeds (such as flaxseed, sunflower seeds and walnuts)

✗ BAD

Saturated Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke

SOURCE:

Most saturated fats come from animal sources, including meat and dairy, and from tropical oils

EXAMPLES:



Beef, Pork & Chicken Fat



Butter



Cheese (such as whole milk cheeses)



Tropical Oils (such as coconut, palm kernel and palm oils)

✗ UGLY

Hydrogenated Oils & Trans Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke
- Can increase risk of type 2 diabetes

SOURCE:

Processed foods made with partially hydrogenated oils

EXAMPLES:



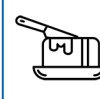
Partially Hydrogenated Oils



Some Baked Good



Fried Foods



Stick of Margarine

Eat a diet that

Includes **GOOD FATS** (nuts, seeds, fatty fish, non tropical oils)

Limits **Saturated Fats** to no more than **5-6%** of calories

Keeps **trans fats** as **LOW** as possible



GastroDoxs
defenders of the digestive system