

Sources of Fat and Cholesterol

Protect your health and your heart. Choose well.

HEALTHY FATS		
Monounsaturated Fat	Omega – 3 Fatty Acids	Polyunsaturated Fat
Choose <u>most</u> often	Choose more often	Choose more often
Olive oil	Flaxseed oil	Safflower oil
Canola oil	Flaxseed	Corn oil
Peanut oil	Walnuts	Sunflower oil
Peanuts	Salmon	Sesame oil
Almonds	Mackerel	Soybean oil
Cashews	Herring	Cottonseed oil
Pecans		Walnuts
Olives		Sesame seeds
Avocados		

LESS HEALTHY FATS		
Cholesterol	Saturated Fat	Trans Fat
Choose less often	Choose less often	Choose less often
Meat	Meat	Partially hydrogenated vegetable oil
Shellfish	Poultry with skin	Doughnuts
Egg yolk	Egg yolk	French fries
Whole milk	Whole milk	Shortening
Reduced (2%) fat milk*	Reduced fat (2%) milk*	Margarine
Ice cream	Ice cream	Commercially baked goods
Butter	Sour cream	
Cheese	Cheese	
Organ meats	Coconut oil	
	Palm oil	
	Cocoa butter	
	Hydrogenated vegetable oil	
	* Choose non-fat (skim) or 1% milk more often	

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