

Dietary Fats and Your Heart

| Type of Fat | Sources | Effects | Recommendations |
|--|--|--|--|
| <i>Fats to Limit</i> | | | |
| Saturated Fat Found mostly in animal foods and are usually solid at room temperature | Butter, lard, meat, poultry, 2% milk, whole milk and milk products, palm oil and coconut oil | ↑ LDL* ↑ Triglycerides | Use lower fat dairy products (skim or 1% milk, 0.1% yogurt, ≤16%M.F. cheese). Choose lean meat, skinless poultry, fish, legumes and soy products more often |
| Trans Fat Formed by a process called "hydrogenation" | Hard margarine, foods made with hydrogenated vegetable oil and/or shortening, fast food items (e.g. French fries, hamburgers) | ↑ LDL ↓ HDL** | Use non-hydrogenated margarines. When reading food labels, trans fat may appear as: (partially) hydrogenated oils or shortening – foods with these ingredients should be avoided |
| Cholesterol Found only in animal products | All animal foods. The highest concentration is found in organ meats and egg yolks | May ↑ LDL | Limit your intake of cholesterol-rich foods including egg yolks, organ meats, shrimp and squid |
| <i>Healthy Fats (Use in Moderation)</i> | | | |
| Unsaturated Fat Found mainly in plant foods and are usually liquid at room temperature | Monounsaturated fats Canola oil, peanut oil, olive oil, nuts, avocado and olives Polyunsaturated fats Soybean oil, omega-3 fatty acids* | ↓ LDL ↑ HDL | Substitute saturated fats with more mono and polyunsaturated fats |
| *Omega-3 Fat An essential fat that you must get from your diet | Salmon, trout, sardines, Arctic char, mackerel, herring, tuna, ground flax seeds, chia seeds, walnuts, pumpkin seeds, wheat germ, soybean products, canola oil, omega-3 fortified products | ↑ HDL ↓ Triglycerides Improve elasticity of arteries | Include fish 2-3 times per week and/or have 3-4 tablespoons of unsalted nuts, nut butters or ground flax seed or chia seed per day |

*LDL = Low Density Lipoproteins – Think "Lousy" Cholesterol

**HDL = High Density Lipoproteins – Think "Healthy" Cholesterol

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