

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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