

THE FACTS ON FAT

Trans. Saturated. Omega-3. Omega-6. Omega-9. Polys. Monos. So many fats to keep track of! And information in the media and science seem to conflict about which fats are healthy and which are not. It's no wonder many people are confused about which types of fats we should be eating – and which types we should be avoiding.

MAIN TYPES OF FATS



SATURATED	MONOSATURATED	POLYUNSATURATED	TRANS FATS
WHERE YOU'LL FIND THEM			
Beef, poultry, pork, cow's milk, coconut, avocado, palm oil, full-fat dairy	Avocados, olives, olive oil, nuts, sunflower oil, seeds, halibut, sablefish, mackerel, vegetables high in oleic-acid ¹	Salmon, sardines, mackerel, herring, trout, fresh tuna, flax seed, walnuts, flax seed oil, soybean oil	May be found in: margarine, processed foods, candy, chips, soda, flaky pastries, some peanut butters
WHAT THEY ARE			
Solid at room temperature Chemically, they consist of carbon atoms saturated with hydrogen atoms.	Liquid at room temperature, but become solid when chilled Their chemical makeup consists of one double-bonded carbon molecule.	Liquid at room temperature and even when chilled Their chemical makeup has more than one double-bonded carbon atom. These are the omega fats – omega-3, omega-6, and omega-9.	Most trans fats are created industrially by adding hydrogen bonds to liquid oils to make a more shelf-stable product. However, some trans fats occur naturally in beef, lamb, butterfat, and dairy. ²
PHYSIOLOGIC EFFECTS			
Potentially increased risk of heart disease ³	Raise good HDL and lower LDL	Raise good HDL and lower LDL Omega fatty acids are considered anti-inflammatory and are associated with lower risk of death.	Raise LDL and lower HDL, which leads to plaque buildup in arteries and increased risk of heart disease.
WHAT TO EAT / WHAT TO AVOID			
While opinions are mixed, it is generally recommended to limit consumption of red meats and butter. ⁴	Generally considered heart-healthy, these foods should be eaten daily.	Generally considered heart-healthy, strive to eat cold water fish three times per week and plant-based polys often.	Entirely avoid products with partially-hydrogenated oils listed on the ingredients.

1. *The Best Sources of Monounsaturated Fat* <http://www.livestrong.com/article/35226-sources-monounsaturated-fat/>

2. *Trans Fats* http://www.heart.org/HEARTORG/GettingHealthy/FatsAndOils/Fats101/Trans-Fats_UCM_301120_Article.jsp

3. *Fats and Cholesterol* <http://www.hsph.harvard.edu/nutritionsource/fats-questions/>

4. *Heart Disease and Diet* <http://www.nlm.nih.gov/medlineplus/ency/article/002436.htm>