

UNDERSTANDING THE DIFFERENT TYPES OF FATS



Fats are often a misunderstood nutrient. The media associated fats with weight gain and heart disease. However, not all fats should be seen as bad and are actually important for a balanced diet.

This article will highlight both 'good' and 'bad' fats, and offer some dietary examples.

UNSATURATED FATS

Fats that are liquid at room temperature, and are considered to be beneficial fats. Unsaturated fats can improve cholesterol levels, reduce inflammation, and offer many other health benefits. Can help to lower LDL ("bad") Cholesterol. There are two main types of unsaturated fats:

MONOUNSATURATED FAT:

- Avocados
- Olive
- Peanuts
- Almonds
- Pumpkin Seeds
- Sesame Seeds

POLYUNSATURATED FAT:

- Flaxseeds
- Walnuts
- Fish
- Soybean oil
- Corn oil
- Omega-3 Fatty Acids: type of polyunsaturated fat
 - Salmon
 - Sardines
 - Chia Seeds
 - Walnuts





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SATURATED FATS

They typically are solid at room temperature. Saturated fat is mainly found in animal foods and in only a few plant foods. While moderate amounts of saturated fat is ok, when eaten excessively or in large quantities there could be some increased risks for certain health issues. It is important to be mindful of your saturated fat intake.

- Animal products
- Dairy Products
- Coconut Oil
- Palm oil
- Fast Food Dishes

TRANS FAT

Trans fats are created through a process called hydrogenation. Partially hydrogenated vegetable oils were created in order to have a more shelf stable product, and withstand repeated heat for a perfect frying oil. These are the worst type of fats to incorporate in our diets because they have harmful impacts on the heart and blood vessels. Food products containing trans fats or partially hydrogenated oils should be avoided as much as possible in our diets.

- Packaged Baked Goods
- Fried Foods
- Refrigerated Dough Products
- Snack Foods
- Packaged Instant Ramen
- Convenience Foods

