

Fats: Make Heart Healthy Choices

Heart Healthy fats help lower your risk of heart disease in you eat them in place of saturated or trans fats. For example eating fish instead of a hamburger or using olive oil instead of lard. Listed below are fats we want to consume in our diet.

- **Omega 3 fatty acids** are found in oily fish like tuna, trout, salmon, mackerel, herring and sardines. Other excellent sources are flaxseed, walnuts, soybeans, and seeds. These fats assist to low triglycerides.
- **Monounsaturated fats** include avocados, nuts, nut butter, canola oil, olive oil and peanut oil. These monounsaturated fats help lower the LDL cholesterol and raise the HDL cholesterol.
- **Polyunsaturated fats** are found in saflower oil, sunflower oil, sesame oil and corn oil. Like monounsaturated fats these fats also lower the LDL cholesterol.

Eat this...	Not that...
Olive, canola, or peanut oil	Coconut or palm oil
Tuna salad made with greek yogurt	Ham salad made with mayo
Boneless skinless chicken and fish	Fried chicken and fish
Trail mix with nuts, dark chocolate, and dried fruit	Potato chips
Soft margarine without trans fat	Butter, stick margarine, lard, shortening
Olive oil and vinegar salad dressing	Ranch, caesar, or thousand island dressing
Natural peanut butter	Peanut butter that has been hydrogenated



Hannah Cramsey
Health & Wellness Coach



Jayme Connell
Health & Wellness Coach



