Healthy Fats

Healthy fats like **monounsaturated** and **polyunsaturated** fats can lower the risk of heart disease, lower cholesterol levels, reduce inflammation, and protect your arteries. **Omega-3 fatty acids** must come from the diet because the body cannot make them.

GOOD SOURCES

- **Monounsaturated:** olive oil, canola oil, avocados, nuts and seeds, olives, peanut butter

- **Polyunsaturated:** soybean oil, sunflower seeds, pumpkin seeds, tofu, SunButter

- **Omega-3 Fatty Acids:** salmon, tuna, walnuts, ground flaxseed, chia seeds

WHY INCLUDE HEALTHY FATS IN YOUR DIET?

- Provide long-lasting energy

- Support brain function

- Insulate vital organs to protect them from damage

- Are essential to produce hormones that regulate metabolism, mood, and overall health

- Help the body absorb fat-soluble vitamins (A, D, E, and K) which are essential for vision, bone health, and immune function

Saturated fats increase your cholesterol levels and raise your risk for heart disease.

Choose more foods with healthy fats and limit the amount of saturated fats you eat.

Saturated fats are found in butter, palm oil, meat, skin on chicken, processed meats, and ice cream.

Foods that list hydrogenated oil as an ingredient contain **trans fat** and should be avoided.

TIPS TO INCLUDE MORE HEALTHY FATS:

- Add chia or sunflower seeds to your cereal, yogurt, oatmeal, or salads

- Garnish your meal with a few olives

- Spread SunButter on toast, mix into oatmeal, or enjoy with fruit

- Enjoy tuna salad on whole wheat bread or over greens

- Add guacamole to your sandwich

Sources:
Choose Healthy Fats – *Academy of Nutrition and Dietetics, June 18, 2024. eatright.org*
Dietary Fat: Know Which to Choose – *Mayo Clinic, February 15, 2023. mayoclinic.org*