

Choose Healthy Fats*

Healthy fats/oils have fatty acids *essential for life*.

1. Vegetable oils
 - a. Soy oil
 - b. Canola oil
 - c. Olive oil
 - d. Corn oil
 - e. Safflower oil
 - f. Sunflower oil
 - g. Flax oil
 - h. Seed oils, such as Walnut oil
2. Plant foods high in healthy fats include:
 - a. Olives
 - b. Avocados
 - c. Nuts such as Walnuts, Almonds, Brazil nuts, etc.
 - d. Seeds such as Sunflower seeds, Sesame seeds, Flaxseeds, etc.
3. Healthy fatty-spreads made from plant foods include:
 - a. Organic Peanut, Almond or Cashew Butter,
 - b. Tahini
 - c. Guacamole



Unhealthy fats are solid at room temperature, are *not essential for life*, and contribute to heart disease.

1. Saturated fats are mostly animal fats. Common sources include meats (fish is considered a healthy fat), butter, cream, and lard.
2. Trans fatty acids are formed when vegetable oils are hydrogenated. Common sources include deep-fat fried foods, shortenings, pastries, commercial cookies, and hard stick margarine.

*All foods high in fat are high in calories, so use them moderately to avoid excess calories. Try to eliminate unhealthy fats and use healthy fats in their place.