

Healthy vs. Unhealthy Fats

*Your body
needs good
fats!*

*Fat-free does
not always
mean healthy
for you. Many
“low or fat-free”
foods are high in
sugar, bad
carbs, calories,
and chemicals!*

Ever wonder about what is a good vs. bad fat?

Try adding these to your diet:

Good fats: Omega-3s (Do not fry the fish!)

- Salmon
- Trout , Catfish, Mackerel
- Flaxseed
- Walnuts
- Fish oil pills (Take with food, and make sure they contain both DHA and EPA.)

Good fats: Mono-saturated (A couple of handfuls of nuts will do!)

- Avocados
- Hazelnuts, Almonds, Brazil nuts, Cashews
- Sesame seeds
- Pumpkin seeds
- Tofu
- Olive, vegetable, and peanut oils

Limit or cut these from your diet:

Bad fats: Saturated fats

- High-fat cuts of meat (beef, lamb, and pork)
- Chicken with the skin
- High-fat dairy products (such as whole milk and soft cheeses)
- Coconut oil, Palm oil

Very bad fats: Trans fatty acids

- Fried foods
- Store-bought baked goods and cookies
- Store-bought icings and frostings
- Packaged snack foods and crackers
- Microwave popcorn
- Stick margarines and shortening
- Store-bought salad dressing