

# 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