

# All Fat is Not Created Equal

Does eating fat make you fat? NO (it's critical for brain health, hormone production, immunity and so much more!)

Is a fat-free diet good for you? NO (we need fat for absorption of certain vitamins, cells and even metabolism!)

Are all fats created equal? NO (there are certain fats that are healthier than others and make a huge difference!)

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## SATURATED FATS

*(solid at room temperature)*

**Effect on the Body:** May increase LDL cholesterol levels and risk for heart disease.

**When to choose:** Eat in moderation

**Food Sources:** ground meat, processed meats (sausage, bacon, hot dogs, deli meats like salami), full-fat milk and cheese, butter, ghee, palm oil, palm kernel oil, coconut oil

## TRANS FATS

*(solid at room temperature)*

**Effect on the Body:** May raise LDL cholesterol levels and lower HDL cholesterol levels. Eating trans fats is associated with an increased risk of heart disease.

**When to choose:** Trans fats should be completely avoided as much as possible..

**Food Sources:** Processed foods with "partially hydrogenated oils", shortening, shelf-stable baked goods (cookies, muffins, cakes, crackers), commercial frostings, dry cake/pastry mixes, some fried foods



## MONOUNSATURATED FATS

*(liquid at room temperature)*

**Effect on the body:** May lower LDL cholesterol and reduce risk of heart disease when used in place of saturated fat and trans fat.

**When to choose:** Choose more often in place of foods with saturated fats or trans fats.

**Food Sources:** Olive oil, avocado oil, sesame oil, peanut oil, canola oil, certain varieties of safflower and sunflower oil, olives, avocados, peanuts, tree nuts (almonds, cashews, hazelnuts, pistachios, pecans), seeds (pumpkin and sesame)

## POLY-UNSATURATED FATS

*(liquid at room temperature)*

**Effect on the Body:** May lower LDL cholesterol and reduce risk of heart disease when used in place of saturated fat and trans fats. Polyunsaturated fats include omega-3 fats and omega-6 fats, both of which are essential because our body doesn't make them.

**When to choose:** Choose more often in place of foods with saturated fats or trans fats.

**Food Sources:** Fatty fish (salmon, trout, herring, mackerel, sardines), walnuts, ground flaxseed, chia seeds, canola oil, peanut oil, flaxseed oil, certain varieties of safflower and sunflower oil, corn oil, soybean oil

