

# Common Fats and Oils

Fat in your diet affects your heart.  
It is important to know which fats are healthy choices for your heart.

Types of Fat	Effect on Lipids	Food Sources
Saturated Fat “Animal Fat” Solid Fat	Raises total cholesterol  Lowers HDL (good) cholesterol	cream, butter, whole milk, ice cream, cheese, fatty meats, poultry skin 
Partially Hydrogenated Fats “Trans Fatty Acids” Solid Fat	Raises LDL (bad) cholesterol  Lowers HDL (good) cholesterol	snack foods, cookies, crackers, cakes, margarine 
 Poly-unsaturated Fats Omega – 6 Liquid Oils	Lowers total cholesterol  Lowers HDL (good) cholesterol	vegetables oils, corn oil, safflower oil and sunflower oil 
 Poly-unsaturated Fats Omega – 3 Liquid Oils	Lowers total cholesterol  Lowers triglycerides	
 Mono-unsaturated Fats	Lowers LDL (bad) cholesterol  Maintains HDL (good) cholesterol when replacing saturated fat	olive oil, olives, canola oil, nuts, avocados, and seafood 