# Saturated Fat and Heart Health

## Heart Health

High levels of LDL, or “bad”, cholesterol may create a buildup of fatty deposits in the arteries, which can lead to health problems such as a stroke or heart attack. High levels of HDL, or “good”, cholesterol may lower the risk for health problems and improve heart health. Eating foods high in saturated fat raises “bad” cholesterol levels and increases risk of heart disease.

## Saturated Fats

Saturated fats are found in animal-based foods such as meat, dairy products and tropical oils. Less than 6% of your daily calories should come from saturated fats. Replacing foods high in saturated fat with healthier options can lower risk of heart disease. Foods high in saturated fat include:

- Beef
- Lamb
- Pork
- Poultry
- Lard and cream
- Butter
- Cheese
- Ice cream
- Coconut
- Palm oil
- Some baked and fried foods

## Heart-Healthy Foods

- Whole grains
- Lean and plant-based protein
- Fruits
- Vegetables
- Beans and nuts
- Fish

## Ways to Eat Healthier

- Choose chicken or fish over red meat. When eating beef or pork, choose leaner cuts of meat and trim the fat before cooking.
- Reduce fat by baking, broiling, or grilling meats instead of frying.
- Cook with healthy oils, such as olive, canola, and sunflower oil, instead of butter or margarine.
- Use reduced fat milk or dairy free milk such as almond, oat or soy milk. Substitute sour cream for low-fat yogurt and use fat-free cheeses.