

The LOWDOWN on FATS

Eating small amounts of healthy fat can lower your risk of heart disease.

■ Choose unsaturated fat (healthy fat)

- > Choose canola oil, olive oil, sunflower oil, or non-hydrogenated margarine in small amounts.
- > Eat at least two servings of fish every week.
- > Eat small amounts of nuts and seeds.

■ Limit saturated fat

- > Choose lean meats with no visible fat.
- > Limit processed meats like side bacon and salami.
- > Limit butter and lard.
- > Choose low fat yogurt and milk (skim, 1% or 2% Milk Fat).
- > Choose lower fat cheeses.

■ Avoid trans fat

- > Read ingredient lists and avoid partially hydrogenated fats such as vegetable shortening and hard margarine.
- > Foods likely to contain trans fat are pre-made baked goods, packaged foods, fried foods, and snack foods.

