The American Heart Association recommends replacing “bad” (saturated) fats with “good” (unsaturated) fats as part of a healthy eating pattern.

**LOVE IT**

POLYUNSATURATED and MONOUNSATURATED

- Lowers rates of cardiovascular and all-cause mortality.
- Lowers bad cholesterol & triglyceride levels.
- Provides essential fats your body needs but can’t produce itself.

**LIMIT IT**

SATURATED

- Increases risk of cardiovascular disease.
- Raises bad cholesterol levels.

**LOSE IT**

TRANS FAT, HYDROGENATED OILS and TROPICAL OILS

- Increases risk of heart disease.
- Raises bad cholesterol levels.