

THE **FACTS** ON FAT

Replacing saturated fats with unsaturated fats can be a heart-healthy (and delicious!) choice.



LOVE IT! | Unsaturated (Polyunsaturated and Monounsaturated)

Fish, nuts, seeds, tofu, edamame and plant oils

- Lower “bad” (LDL, or low-density lipoprotein) cholesterol, triglycerides and overall risk of heart disease.
- Provide essential fats your body needs but can’t produce itself.

LIMIT IT! | Saturated

Fatty meats, full-fat dairy and tropical cooking oils

- Raise “bad” (LDL) cholesterol level and increase the risk of heart disease.



LOSE IT! | Trans Fat and Hydrogenated Oils

Fried food, packaged baked goods and other highly processed foods

- Raise “bad” (LDL) cholesterol and consistently associated with an increased risk of heart disease.

EAT SMART **MOVE MORE** **BE WELL** Learn More at heart.org/HealthyForGood