

Most Heart Healthy Fats

Choose fats that come from plants. These fats are better for your heart.

Monounsaturated fats are found in:

- ⇒ Olives and olive oil
- ⇒ Canola, safflower, and peanut oils
- ⇒ Almonds, pecans, cashews, hazelnuts, and peanuts
- ⇒ Peanut butter
- ⇒ Avocado



Polyunsaturated fats are found in:

- ⇒ Seafood and fish, such as salmon, trout, and herring
- ⇒ Corn, soybean, and sunflower oils
- ⇒ Walnuts
- ⇒ Flaxseeds
- ⇒ Hummus
- ⇒ Tofu

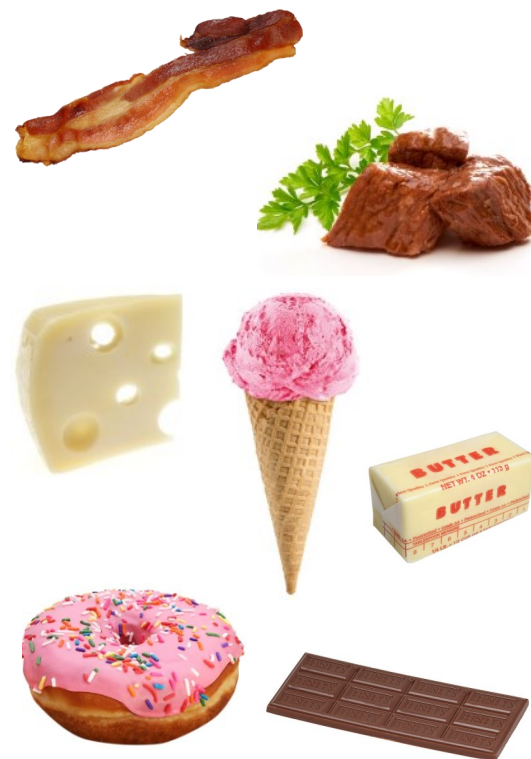


Less Heart Healthy Fats

Limit fats that are less heart healthy. Eating too much of these fats can put you at higher risk for heart attack and stroke.

Saturated fats are found in:

- ⇒ Meats (beef, pork, bacon, sausage, and canned and deli meats)
- ⇒ Whole milk and other dairy products (cheese, butter, ice cream)
- ⇒ Lard and suet
- ⇒ Palm oil
- ⇒ Coconut milk and oil
- ⇒ Chocolate and cocoa butter
- ⇒ Many packaged or prepared baked goods (cakes, donuts, and cookies)



Trans fats are found in:

- ⇒ Products with partially hydrogenated vegetable oil
- ⇒ Margarines (like stick margarines)
- ⇒ Microwave popcorn
- ⇒ Cheese and cracker lunch kits
- ⇒ Frozen foods such as pizza rolls, pies, and breakfast sandwiches
- ⇒ Cake, biscuit, and cookie mixes
- ⇒ Frosting, pie crusts, pastries, cookies and cakes

