# 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