

# Common Fats and Oils

**Fat in your diet affects lipids or fats in your blood. It is important to know which fats are healthy choices for your heart.**

Types of Fat	Effect on Lipids	Food Sources
Mono-unsaturated Fats	<p>Lowers LDL (bad) cholesterol</p> <p>Maintains HDL (good) cholesterol when replacing saturated fat</p>	Olive oil, olives, canola oil, nuts, avocados, tub margarine, peanut oil, peanut butter
<p>Poly-unsaturated Fats</p> <p>Omega – 3 fatty acid</p> <p>Liquid Oils</p>	<p>Lowers total cholesterol</p> <p>Lowers triglycerides</p>	Walnuts, flaxseed oil, chia seeds, fatty fish, krill/ fish/ cod liver oils, algal oil
<p>Poly-unsaturated Fats</p> <p>Omega – 6 fatty acid</p> <p>Liquid Oils</p>	<p>Lowers total cholesterol</p> <p>Lowers HDL (good) cholesterol</p>	Vegetable oil, corn oil, soybean oil, safflower oil, sunflower oil
<p>Saturated Fat</p> <p>“Animal Fat”</p> <p>Solid Fat</p>	<p>Raises total cholesterol</p> <p>Lowers HDL (good) cholesterol</p>	Cream, butter, whole milk, ice cream, cheese, fatty meats, poultry skin, coconut oil
<p>Partially Hydrogenated Fats</p> <p>“Trans Fatty Acids”</p> <p>Solid Fat</p>	<p>Raises LDL (bad) cholesterol</p> <p>Lowers HDL (good) cholesterol</p>	Stick margarine, snack foods, cookies, crackers, cakes, pastries, vegetable shortening