LiveHealth ONLINE

Nuts

Olive Oil

Lean Protein

Avocados

Get the skinny on good and bad fats

We've been taught that fat is bad for you because it:

- Clogs your arteries
- Raises your cholesterol
- Makes you gain weight
- Leads to heart disease and hypertension

The key thing to know about fat consumption isn't the amount of fat you eat, but rather the types of fat you eat. Getting rid of the "bad" fats from your diet will make you healthier and help you lose weight. Here's a handy go-to chart to help with your meal planning.

Good Fats

Monounsaturated fats	Polyunsaturated fats
Olive oil	Fish: halibut, tuna, trout, herring, sardines and salmon
Canola, sunflower, peanut and sesame oils	Soybean oil
Avocados	Corn oil
Olives	Sunflower oil
Nuts: almonds, cashews, hazelnuts, macadamia nuts, pecans	Walnuts
Peanut butter	Sesame, pumpkin, sunflower and chia seeds
Eggs	Soymilk
	Tofu
	Seaweed

Bad Fats

Saturated fats	Trans fats
Trans fats	Any product that lists "partially hydrogenated vegetable oil" in the ingredient list
Fatty cuts of beef, lamb and pork	Stick margarine
Chicken and turkey skin	Microwave popcorn
Milk and cream (whole fat)	Fried foods: fries, chicken nuggets, chicken wings, fish, potato chips, candy bars
Ice cream	Processed cookies, cakes and pastries
Tropical oils: palm and coconut oil	Frozen dinners and frozen pizza
Butter, lard	Hamburger buns, hard taco shells
Bacon	Pancake mix, cake mixes, frosting
Cheese	Breakfast sandwiches
Hamburgers	Slim Jims
Sausages	Packaged puddings
Whipped cream	