

7055 - FACE THE FATS



The “Good” Fats: Eat most often

Monounsaturated	Omega-3 Polyunsaturated	Omega-6 Polyunsaturated
Avocado	Fatty Fish:	Oils:
Nuts:	Salmon	Corn
Almonds	Herring	Cottonseed
Cashews	Mackerel	Safflower
Hazelnuts	Tuna	Soybean
Macadamia nuts	Trout	Non-hydrogenated margarine
Peanuts	Swordfish	Mayonnaise
Pecans	Cod	Nuts (walnuts)
Pistachios	Oils:	Salad dressings
Oils:	Canola	Seeds (pumpkin, sunflower)
Olive	Soybean	
Canola	Flax seed	
Peanut	Omega- 3 eggs	
Sesame	Walnuts	
Non-hydrogenated margarine	Pecans	
Seeds:	Pine nuts	
Sesame		

The “Bad” Fats: Eat in Moderation

Saturated Fat	Trans Fats
Bacon	Commercial baked goods, including:
Butter	Cookies
Cheese	Cakes
Chocolate	Pies
Coconut	Fried foods
Cream Cheese	Processed snack foods
Cream (half and half)	Margarine (hydrogenated or partially hydrogenated)
Lard	Shortening
Fatty Meats	*Watch your food labels for these!
Milk Fat (whole milk products)	
Oils (coconut, palm, palm kernel)	
Shortening	
Sour cream	
Fast Foods	
Ready prepared meals and those made with hydrogenated vegetable oil	

