

Trans. Saturated. Omega-3. Omega-6. Omega-9. Polys. Monos. So many fats to keep track of! And information in the media and science seem to conflict about which fats are healthy and which are not. It's no wonder many people are confused about which types of fats we should be eating – and which types we should be avoiding.



Main types of fats:

1. Saturated
2. Monounsaturated
3. Polyunsaturated
4. Trans-fatty acids

Saturated	Monounsaturated	Polyunsaturated	Trans-fatty acid
<i>Where you'll find them</i>			
Beef, poultry, pork, cow's milk, coconut, avocado, palm oil, full-fat dairy	Avocados, olives, olive oil, nuts, sunflower oil, seeds, halibut, sablefish, mackerel, vegetables high in oleic-acid ¹	Salmon, sardines, mackerel, herring, trout, fresh tuna, flax seed, walnuts, flax seed oil, soybean oil	May be found in: margarine, processed foods, candy, chips, soda, flaky pastries, some peanut butters
<i>What they are</i>			
Solid at room temperature. Chemically, they consist of carbon atoms saturated with hydrogen atoms.	Liquid at room temperature, but become solid when chilled. Their chemical makeup consists of one double-bonded carbon molecule.	Liquid at room temperature and even when chilled. Their chemical makeup has more than one double-bonded carbon atom. Known as the "omega fats".	Most are created industrially by adding hydrogen bonds to liquid oils to make a more shelf-stable product. However, some trans-fats occur naturally in beef, lamb, butterfat and dairy. ²
<i>Physiologic effects</i>			
Potentially increase risk of heart disease. ³	Raise good HDL and lower LDL.	Raise good HDL and lower LDL. Omega-3 fatty acids are considered anti-inflammatory and are associated with lower risk of death.	Raise LDL and lower HDL, which leads to plaque buildup in arteries and increased risk of heart disease
<i>What to eat – What to avoid</i>			
While opinions are mixed, it is generally recommended to limit consumption of red meats and butter. ⁴	Generally considered heart-healthy, these foods should be eaten daily.	Generally considered heart-healthy, strive to eat cold water fish 3 times per week and plant-based polys often.	Entirely avoid products with partially-hydrogenated oils listed on the ingredients.

¹ Turcotte, Michelle. "The Best Sources of Monounsaturated Fat." *Livestrong.com*. N.p., 10 Mar 2011. Web. 1 Feb 2012. <<http://www.livestrong.com/article/35226-sources-monounsaturated-fat/>>.

² "Trans fat." *American Heart Association*. N.p., 29 Oct 2010. Web. 17 Feb 2012. <http://www.heart.org/HEARTORG/GettingHealthy/FatsAndOils/Fats101/Saturated-Fats_UCM_301120_Article.jsp>.

³ Fats and Cholesterol, "The Nutrition Source." Harvard School of Public Health.

⁴ National Institute of Health. National Library of Medicine. *Fat*. Web. <<http://www.nlm.nih.gov/medlineplus/ency/article/002468.htm>>.