# Fats: The Good, The Bad & The Ugly

## Good

**Monounsaturated & Polyunsaturated Fats**
- Can lower bad cholesterol levels
- Can lower risk of heart disease & stroke
- Can provide essential fats that your body needs but can't produce itself

**SOURCE**
Plant-based liquid oils, nuts, seeds and fatty fish

**EXAMPLES**
- **Oils** (such as canola, olive, peanut, safflower and sesame)
- **Avocados**
- **Fatty Fish** (such as tuna, herring, lake trout, mackerel, salmon and sardines)
- **Nuts & Seeds** (such as flaxseed, sunflower seeds and walnuts)

## Bad

**Saturated Fats**
- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke

**SOURCE**
Most saturated fats come from animal sources, including meat and dairy, and from tropical oils

**EXAMPLES**
- **Beef, Pork & Chicken Fat**
- **Butter**
- **Cheese** (such as whole milk cheeses)
- **Tropical Oils** (such as coconut, palm kernel and palm oils)

## Ugly

**Hydrogenated Oils & Trans Fats**
- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke
- Can increase risk of type 2 diabetes

**SOURCE**
Processed foods made with partially hydrogenated oils

**EXAMPLES**
- **Partially Hydrogenated Oils**
- **Some Baked Goods**
- **Fried Foods**
- **Stick of Margarine**

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**American Heart Association Recommendation**

Eat a healthy dietary pattern that:
- Includes **good fats**
- Limits **saturated fats**
- Keeps **trans fats** as **LOW** as possible

For more information, go to [heart.org/fats](http://heart.org/fats)