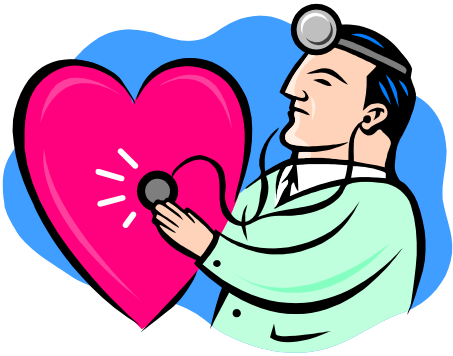


THE SKINNY ON FATS



HEART HEALTHY FATS

+ Increase in your diet +

Mono-unsaturated Fatty Acids

olive oil • canola oil • nuts & their oils • nut butters
• avocados

Omega-3 Fatty Acids

fish • flaxseeds • walnuts • canola oil •
leafy greens

CHOLESTEROL RAISING FATS

- Decrease in your diet -

Saturated Fatty Acids

coconut oil • palm kernel oil • dairy fats •
beef fat • lard

Trans Fats

margarine • shortening • foods w/ partially hydrogenated vegetable
oil (crackers, cookies, commercial baked goods)

Other Fats (use monounsaturated oils)

Omega-6 (Polyunsaturated)
safflower • sunflower • corn • soy • cottonseed

