**Heart Smart**

**FATS IN THE DIET**

**SATURATED VS. UNSATURATED**

### GOALS:
- **♥** Reduce fat *quantity* by selecting lower fat foods and reducing saturated & trans fat intake.
- **♥** Improve fat *quality* by increasing monounsaturated & omega-3 fats.
- **♥** Keep *cholesterol* intake under 200 mg/day.

The following is a list of sources of commonly consumed fats and their effect on blood cholesterol:

<table>
<thead>
<tr>
<th>TYPE OF FAT</th>
<th>FOOD SOURCES</th>
<th>EFFECTS ON BLOOD CHOLESTEROL</th>
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</thead>
</table>
| **SATURATED FATS** | animal fats – fatty beef, pork, lamb, veal, lard, beef fat, milk fat, bacon fat, butter, cheese, cream cheese, milk & yogurt (*whole & 2%*), ice cream, cream, half-and-half, sour cream, coconut, palm, palm kernel oil | ↑ total cholesterol  
↑ LDL cholesterol  
↑ HDL cholesterol |
| **TRANS FATS**  | stick margarine, hydrogenated oils, nondairy creamers, solid shortening, cookies, pastries, doughnuts, crackers | ↑ total cholesterol  
↓ LDL cholesterol  
↓ HDL cholesterol |
| **CHOLESTEROL** | egg yolks, liver, organ meats, squid, abalone (*no saturated fat present*), (limit egg yolks to 3 per week - one yolk has 200 mg cholesterol), (meats, fish, poultry & shellfish 20-30 mg/oz.; shrimp 40-50 mg/oz) | ↑ total cholesterol when associated with saturated fat or when included in the diet in amounts > 200 mg/day |
| **MONOUNSATURATED** | olive oil, olives, canola oil, peanut oil, peanuts, peanut butter, poultry, avocados, almonds, cashews, pistachios, pecans, macadamia nuts, filberts | ↓ total cholesterol  
↓ LDL cholesterol  
↑ HDL cholesterol  
↓ triglycerides |
| **POLYUNSATURATED** | safflower oil, corn oil, soybean oil, sunflower oil, walnuts, pine nuts, seeds, soft or tub margarine, mayonnaise | ↓ total cholesterol  
↓ LDL cholesterol |
| **Omega-6 fatty acids:** | salmon, herring, anchovies, sardines, mackerel, fatty fish, all other fish (less) shellfish – shrimp, crab, lobster mussels, clams, oysters, scallops, nuts, flaxseed, canola oil, soybean oil | ↓ triglycerides  
↓ risk of heart disease by  
↓ clot formation  
↓ vasoconstriction  
↓ inflammation |
| **Omega-3 fatty acids:** | | |