

# HEALTHY FATS



## The Fat Facts & Heart Health

Is a healthy diet low or high in fat? From the Atkins to the Ketogenic diet, many misconceptions circulate in the nutrition world. Dietary fat is necessary to have in our daily dietary pattern because it helps absorb fat-soluble vitamins, regulates inflammation, and enhances satiation to help with fullness. Unsaturated fats are considered healthiest because they lower LDL (bad) cholesterol, raise HDL (good) cholesterol and lower the risk for heart disease and stroke. Focusing on healthy fats, while consuming saturated fats in moderation, will benefit your health long term.



### Mono vs Poly Unsaturated Fats

Monounsaturated fat has a single bond that is created naturally in our bodies. Olive oil is an example.

Polyunsaturated fat is essential and needed for blood clotting, inflammation, & muscle movement. The two main types include omega-3 and omega-6 fatty acids.

AVOCADOS

NUTS

OLIVE OIL

NUT BUTTERS

SALMON

CHIA SEEDS

ALMONDS