

# FATS TABLE

TYPES OF FATS & THE FOOD THEY'RE FOUND IN

**EAT MORE** = 

 = **EAT LESS**



## SATURATED FAT

1. Cheddar Cheese
2. Ricotta Cheese
3. Hard Goat Cheese
4. Milk (Reduced Fat)
5. Butter
6. Dried Coconut
7. Whipped Cream
8. Fatty Meats (ribs, bacon)
9. Salami
10. Pepperoni
11. Sausages
12. Cured ham
13. Desserts (ice cream, chocolate mousse)
14. Coconut Oil



## TRANS FAT

1. Potato Chips (pay attention to the label)
2. Frozen Pizzas
3. Canned frosting
4. Some crackers (pay attention to the label)
5. Cookies
6. Margarine
7. Frozen pies
8. Refrigerated dough products
9. Vegetable shortening
10. Some Microwave Popcorns
11. Fried fast foods (fried chicken, french fries)
12. Bakery Products (cakes, pastries, donuts)
13. Non-dairy coffee creamers



## POLYUNSATURATED FAT

Omega-6 Fatty Acids:

1. Flaxseed Oil
2. Safflower Oil
3. Grapeseed Oil

Omega-3 Fatty Acids:

1. Walnuts
2. Pinenuts
3. Flax Seeds
4. Sunflower Seeds
5. Salmon
6. Herring
7. Sardines
8. Mackerel
9. Trout



## MONOUNSATURATED FAT

1. Avocado
2. Almonds
3. Hazelnuts
4. Pecans
5. Pumpkin seeds
6. Sesame seeds
7. Olive Oil
8. Peanut Oil
9. Canola Oil
10. Safflower Oil
11. Sesame Oil

### DID YOU KNOW?

Unsaturated fats are beneficial because they can improve blood cholesterol levels, ease inflammation, & stabilize heart rhythms..