

FATS ~ The Good and The Bad

(805) 682-7638 x 214

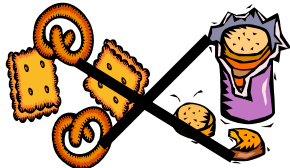


Avoid "TRANS" and "HYDROGENATED" Fats

Raise LDL (Bad Cholesterol) and Lower HDL (Good Cholesterol)



Vegetable Shortening



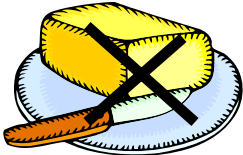
Processed Foods



Fast Foods



Chips



Hard Margarine

Eat less SATURATED FATS

Raise LDL (Bad Cholesterol)



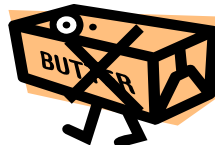
Shortening (Animal)



Red Meats High fat cuts "Prime"



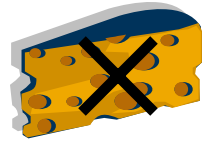
Bacon



Butter



Whole Milk



High fat cheese: Swiss, Jack, Cheddar



Eat THE GOOD FATS (❤️ =Omega-3) Eat in Small Amounts

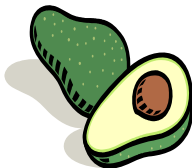
Lowers LDL (Bad Cholesterol) and Raises HDL (Good Cholesterol)



Olive Oil



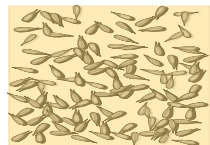
Canola Oil



Avocado



Fish ❤️



Flaxseed Meal ❤️



Walnuts ❤️



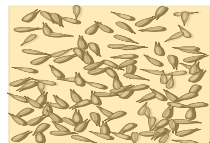
Peanuts



Almonds



Mixed Nuts



Chia Seeds ❤️

S:SBDI/Handouts/FatsEnglish

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