

# Not All Fats Are Bad!

While it's important to avoid unhealthy trans fats and saturated fats, having small amounts of healthy fats is good for our health.

## Healthy Fats

**Best  
Choice**

### Vegetable Oils

- » olive
- » canola
- » peanut
- » sesame



### Fish

- » salmon
- » mackerel
- » herring
- » Atlantic char



### Nuts

- » almonds
- » peanuts
- » walnuts
- » sunflower seeds



Other foods that contain heart-healthy oils are flaxseeds, flax oils, peanut butter and avocados. These foods are high in calories, so limit the amount you eat.

## Unhealthy Fats

**Unhealthy  
Choice**

### Trans Fats

(or "partially hydrogenated oil")

- » baked goods (cakes & cookies)
- » snack foods (crackers & chips)
- » fried foods (french fries & chicken fingers)



### Saturated Fat

Found in animal products

- » beef
- » lamb
- » chicken or turkey skin
- » lard or butter

