

5 Tips for Choosing Healthy Fats

Unhealthy Choice

Stay away from trans fats

- » Limit french fries, biscuits, and other fried or baked goods.
- » Stay away from foods with “partially hydrogenated” oils or shortenings listed under the ingredients.



Best Choice

Use liquid vegetable oils for cooking

- » Use olive, corn or canola oil instead of butter when baking.
- » Dress up a salad with an oil-based vinaigrette dressing.



Best Choice

Use soft tub margarine instead of butter

- » Use this for baking and cooking.
- » Avoid partially hydrogenated oils.



Best Choice

Eat these types of fish at least 2 times a week

- » Serve Salmon, Mackerel, Atlantic Char and Herring – these fish have healthy fats (polyunsaturated) that help your heart stay healthy.
- » Prepare Cod, Flounder, Haddock, Halibut, Grouper and Mahi-Mahi – these fish have less than 2% fat.



Best Choice

Eat lean meats and choose low fat or fat free dairy

- » Choose skim or low fat milk and dairy products (such as low fat cheese or yogurt).
- » Look for beef that is at least 85% fat free; or select skinless chicken or turkey to lower your intake of unhealthy saturated fat.

