

# FATS IN THE DIET

## LIMIT

- **Saturated Fats**
  - **Animal fats**
    - Beef, lamb, pork, poultry, butter, & dairy products
  - **Plant fats**
    - Shortening, stick margarine, tropical oils (palm and coconut oil)
- **Cholesterol**
  - animal fats above

## TRY:

- **"Non-hydrogenated"** margarines such as:
  - Smart Balance, Brummel & Brown, or Promise
- **"baked," "broiled,"** or **"steamed"** foods

## AVOID

- **Trans Fats**
  - **Baked goods** (cakes, pies, cookies, crackers)
  - **Snack food** (microwave popcorn, potato chips)
  - **Fried food** (French fries, fried chicken, donuts)

## HEART HEALTHY

- **Monounsaturated Fats**
  - peanuts, almonds, walnuts
  - olive oil, canola oil, and peanut oil
  - Avocados

## TIPS:

- Saturated fats are **firm** at room temp.
- Eat **lean trimmed** meats, poultry without skin, and fish
- Switch to **low-fat** or **fat-free** dairy products