

# Fats

## All fats are not the same!

### Choose more unsaturated fats:

- Unsaturated fats (oils) are liquid at room temperature.
- These are more “heart healthy” and may improve cholesterol levels.
- Examples include cold water fish (salmon, tuna, herring), olive and canola oil, avocados, nuts and seeds.

**Eat MORE of these.**



### Limit saturated fats:

- Saturated fats are solid at room temperature.
- These are not as good for your heart and may raise bad cholesterol.
- Examples include bacon, butter, lard and fatty meats.

**Eat LESS of these.**



### Did you know?

Our bodies use fat as energy, and to protect our organs and transport vitamins. If you need more calories (energy) to maintain your weight, healthy fats can provide a lot of energy in a small amount.

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