

THE FACTS ON FAT

The American Heart Association recommends replacing bad (saturated) fats with good (unsaturated) fats as part of a healthy eating pattern.

LOVE IT

UNSATURATED
(POLY & MONO)



- Lowers rates of cardiovascular and all-cause mortality
- Lowers bad cholesterol & triglyceride levels
- Provides essential fats your body needs but can't produce itself



LIMIT IT

SATURATED



- Increases risk of cardiovascular disease
- Raises bad cholesterol levels



LOSE IT

ARTIFICIAL TRANS FAT,
HYDROGENATED OILS
& TROPICAL OILS



- Increases risk of heart disease
- Raises bad cholesterol levels