

“Good Versus Bad Fat”

Do you know which types of fats are good for you and which are bad? Many people assume that all fats in foods are unhealthy. Research shows that some types of fats can be harmful to your health; however, some types of fats actually have a positive effect on cholesterol, and can help lower the risk of heart disease and stroke.

Eating saturated and trans fats can raise cholesterol levels, thus increasing the risk of heart disease and stroke. Saturated fats are found mainly in animal products, such as cheese, whole milk, poultry skin, butter, and also in chocolate. Trans fats can be found mainly in fast foods and processed desserts, such as French fries, potato chips, donuts, and bake mixes.

In contrast, mono-unsaturated fats can actually help lower the bad cholesterol in your blood, decreasing the risk of heart disease and stroke. Dietary sources of mono-unsaturated fats include olive and canola oils, almonds, and avocados.

Heart healthy fats, called Omega-3 fatty acids, can be found in cold-water fish like salmon, sardines and mackerel. Flax seed and walnuts are also good sources of Omega-3's.

Remember all fats are high in calories, so keep portions of fatty foods small and be physically active everyday to maintain a healthy weight.