DON’T SKIMP ON HEALTHY FATS

Fat isn’t all bad – as long as you know which foods to eat, and what to avoid. Do you know the difference between good-for-you fats and the artery-clogging type? Read on for a closer look.

**Bad fats:** Saturated and trans fats increase your risk of heart disease because they raise your cholesterol. Meat, dairy products, baked goods, fried foods, shortening and margarine all contain these unhealthy fats.

**Good fats:** Unsaturated fats can help your heart by lowering cholesterol levels. They also provide the essential fats your body needs to function.¹

› Monounsaturated fats have a positive effect on your heart health. You can find them in avocados, nuts, oils and other foods.

› Omega-3 fatty acids are a type of polyunsaturated fat that’s especially heart healthy. Fatty fish, flaxseed, oils and walnuts have omega-3 fats.

Reap the health benefits when you replace bad fats with good fats in your diet. But don’t go overboard – you should eat healthy-fat foods in moderation. Here’s a grocery list with foods that are good sources of healthy fats.²

### Nuts
- Almonds
- Brazil nuts
- Cashews
- Peanuts
- Pecans
- Walnuts

### Fatty fish
- Albacore tuna (fresh and canned)
- Lake trout
- Mackerel
- Salmon

### Seeds
- Flaxseed
- Pumpkin seeds
- Sunflower seeds

### Must-haves
- Avocado
- Eggs enriched with omega-3
- Olive oil

**Sources:**

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.