

# THE FACTS ON FATS

Trans. Saturated. Omega-3. Omega-6. Omega-9. Polys. Monos.

So many fats to keep track of! And information in the media and science seem to conflict about which fats are healthy and which are not. It's no wonder many people are confused about which types of fats we should be eating – and which types we should be avoiding.

## Main types of fats:

1. Saturated
2. Monounsaturated
3. Polyunsaturated
4. Trans-fatty acids

	Saturated	Monounsaturated	Polyunsaturated	Trans-fatty acid
where you'll find them	Beef, poultry, pork, cow's milk, palm oil, full-fat dairy, coconut	Avocados, coconut, olives, olive oil, nuts, sunflower oil, seeds, halibut, sablefish, mackerel	Salmon, sardines, mackerel, herring, trout, fresh tuna, flax seed, walnuts, flax seed oil	Margarine, processed foods, candy, chips, soda, flaky pastries, some peanut butters
what they are	Solid at room temperature. Chemically, they consist of carbon atoms saturated with hydrogen atoms.	Liquid at room temperature, but become solid when chilled. Their chemical makeup consists of one double-bonded carbon molecule.	Liquid at room temperature and even when chilled. Their chemical makeup has more than one double-bonded carbon atom. Known as the "omega fats".	Most are created industrially by adding hydrogen bonds to liquid oils to make a more shelf-stable product. However, some trans-fats occur naturally in beef, lamb, butterfat and dairy.
physiological effects	Potentially increase risk of heart disease.*	Raise good HDL and lower LDL. Benefit insulin levels and blood sugar control.	Raise good HDL and lower LDL. Omega-3 fatty acids are considered anti-inflammatory and are associated with lower risk of all inflammatory diseases.	Raise LDL and lower HDL, which leads to plaque buildup in arteries and increased risk of heart disease
what to eat what to avoid	While opinions are mixed, it is generally recommended to limit consumption of red meats and butter.	Considered heart-healthy, these foods should be eaten daily.	Considered heart-healthy, strive to eat cold-water fish 3 times per week and plant-based polys every day.	<b>Entirely avoid</b> products with partially hydrogenated oils listed on the ingredients.

\* **A Note on Coconut oil** – Coconut oil is considered a saturated fat but it has been proven beneficial to overall health – especially hormonal health. It nourishes your thyroid and it's high level of lauric acid is effective in killing viruses and bacteria. It also has a high smoke point so it is the best option when cooking at high temperatures.