

FAT Facts: What You Need to Know

| Saturated Fat |



no double bonds

- Increase LDL
- Increase TRIG
- Increase CRP



Typically solid at room temperature.

Coconut oil primarily contains saturated fat, but does not contain cholesterol like animal products because it is plant-based.

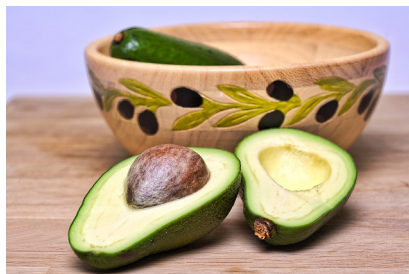
Foods: fatty beef, lamb, pork, poultry with skin, beef fat (tallow), lard and cream, butter, cheese, and other dairy products made from whole or reduced fat (2%) milk.

| Monounsaturated Fat | (mono)



one double bond

- Decrease LDL
- Decrease TRIG
- Increase HDL



Other mono sources: Canola, olive, and peanut oils, avocados, nuts, and seeds.

| Polyunsaturated Fat | (poly).....



2+ double bonds

- Decrease LDL
- Decrease TRIG
- Decrease CRP
- Increase HDL



OMEGA-3 Fats: double bond is 3rd in the chain
EPA and DHA are in this group and help with brain/eye development.

Foods: fish, sunflower, corn, soybean, and flaxseed oils, flax seeds, walnuts, and leafy vegetables.

| Trans Fat – Hydrogenated |.....

Used to extend shelf life, and its cheap.

ALWAYS Read the Ingredients List: If you see the word hydrogenated or partially hydrogenated ANYWHERE in the ingredients...there is trans fat there! The nutrition label can say 0 trans fat and still have it.

Foods: Store bought cake and cookie mixes, frosting, biscuits, crackers, and margarine.

3 times more inflammatory than saturated fat

- Increase LDL
- Increase TRIG
- Increase CRP

