FATS IN THE DIET

**LIMIT**
- **Saturated Fats**
  - **Animal fats**
    - Beef, lamb, pork, poultry, butter, & dairy products
  - **Plant fats**
    - Shortening, stick margarine, tropical oils (palm and coconut oil)
- **Cholesterol**
  - animal fats above

**AVOID**
- **Trans Fats**
  - **Baked goods** (cakes, pies, cookies, crackers)
  - **Snack food** (microwave popcorn, potato chips)
  - **Fried food** (French fires, fried chicken, donuts)

**HEART HEALTHY**
- **Monounsaturated Fats**
  - peanuts, almonds, walnuts
  - olive oil, canola oil, and peanut oil
  - Avocados

**TIPS:**
- Saturated fats are **firm** at room temp.
- Eat **lean trimmed** meats, poultry without skin, and fish
- Switch to **low-fat** or **fat-free** dairy products

**TRY:**
- "Non-hydrogenated" margarines such as:
  - Smart Balance, Brummel & Brown, or Promise
- "baked," "broiled," or "steamed" foods