

# TYPES OF FAT

Types of Fat	<i>Polyunsaturated Fat</i>	<i>Monounsaturated Fat</i>	<i>Saturated Fat</i>	<i>Trans Fat (Partially Hydrogenated Oils)</i>
<b>Origin</b>	Usually from plant sources	Usually from plant sources	Usually from animal sources	Small amount found naturally in animal products; most found in processed foods
<b>Food sources</b>	<p><b><i>Omega-6 fatty acids:</i></b> Safflower Oil Sunflower Oil Cottonseed Oil Sesame Seed Oil Soybean Oil Corn Oil</p> <p><b><i>Omega-3 fatty acids:</i></b> Fatty fish (albacore tuna, sardines, salmon) Nuts (Walnuts) Soybeans Flaxseed Oil Canola Oil</p>	Olive Oil Peanut Oil Canola Oil Peanuts Pecans Almonds Avocados	<p><b><i>Animal Sources:</i></b> Dairy products (butter, whole milk, ice cream, cheese) Beef (Tallow) Pork (Lard) Poultry skin</p> <p><b><i>Plant Sources:</i></b> Coconut Oil Palm Oil Cocoa Butter Chocolate</p>	Snack foods (cookies, crackers, chips) Stick Margarine Fried Foods (French fries, doughnuts)
<b>Appearance at room temperature</b>	Usually liquid	Usually liquid	Usually solid	Usually solid
<b>Effect on blood cholesterol</b>	Lowers total blood cholesterol level	Lowers LDL blood cholesterol	Raises total blood cholesterol, even more than dietary cholesterol alone	Raises total blood cholesterol and LDL cholesterol, may decrease HDL cholesterol

***To help lower your LDL cholesterol, your eating plan should meet these daily goals:***

**Total fat: 25-35% of your total calories (mostly from unsaturated sources)**

**Saturated fat: less than 7% of your total calories (14g on a 2,000 calorie diet)**

**Polyunsaturated fat: 10% of your total calories**

**Monounsaturated fat: 10-15% of your total calories**

**Trans fat: 1% of your total calories (2g on a 2,000 calorie diet)**

