

Busting the Myths about Fats

Polyunsaturated Fat

Light oils from plant products and fish. *the not-so-bad guys*

myth: all fats raise cholesterol levels

BUSTED: Polyunsaturated fatty acid (PUFA) lowers cholesterol levels — both good (HDL) and bad (LDL). Low HDL levels weaken your immune system making you susceptible to infections and at risk for certain cancers.



SNACK ON SEEDS

myth: you should cut all fat from your diet

BUSTED: Foods with Omega-3s are essential to health and may decrease risk of heart disease and protect against high blood pressure. Choose PUFA foods more often than PUFA oils.



EAT FISH TWICE A WEEK

myth: all fats are created equal

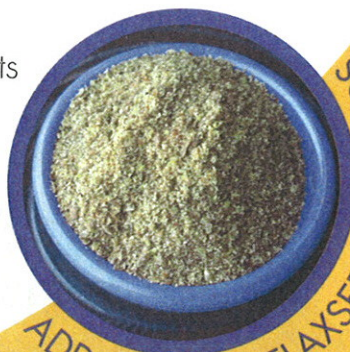
BUSTED: PUFAs in the form of Omega-3 fatty acids found in salmon, sardines, mackerel, canola oil, walnuts and flax help counter the negative inflammatory effects of Omega-6s.



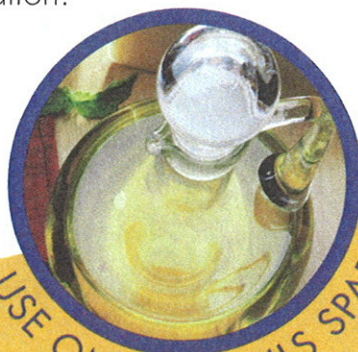
TRY NUTS, especially walnuts

myth: all oils are the same

BUSTED: PUFA oils such as corn, soybean, cottonseed, sunflower and safflower seed are relatively new food products and contain Omega-6 fatty acids that may promote harmful cell inflammation.

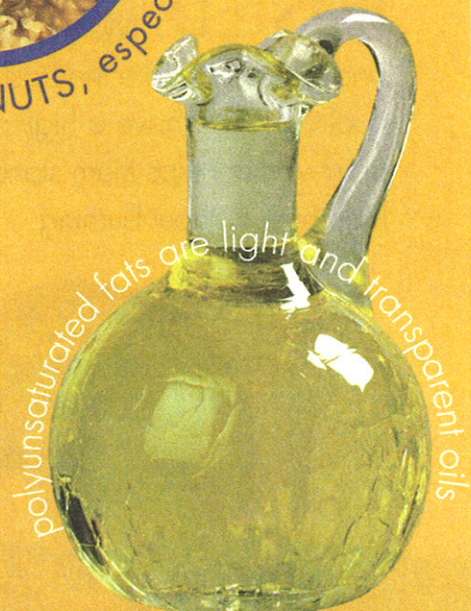


ADD GROUND FLAXSEED TO FOODS



USE OMEGA-6 OILS SPARINGLY

Polyunsaturated fats as oils have only been around for the last one hundred years or so.



polyunsaturated fats are light and transparent oils

All foods that contain fat are not made up of just one type of fat—they are a combination of fatty acids. However, fats are usually classified based on which type of fat they contain the most of: monounsaturated, polyunsaturated, saturated or trans. Eating too much of any type of fat is not healthy.

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Monounsaturated Fat

Dark, flavorful oils from plant products. *the good guys*

myth: all fats are the same

BUSTED: Most consider monounsaturated fatty acid (MUFA) the healthiest type of fat. Research shows that a high MUFA diet (35-40% of calories from mostly MUFA) can lower the risk of heart disease.



TRY SOME OLIVES

myth: all fats are bad for you

BUSTED: Enjoy foods like nuts, olives, avocados and peanut butter because a high-mono, heart-healthy diet may achieve better results than a low-fat diet.



SPREAD ON PEANUT BUTTER

myth: fats raise cholesterol levels

BUSTED: Monounsaturated fatty acids lower bad cholesterol, lower triglycerides (circulating fat in the blood) and maintain good cholesterol.



SNACK ON ALMONDS

myth: all cooking oil is the same

BUSTED: MUFAs such as olive, canola, sesame and peanut oils are the best choice for cooking. They have a high smoke point which helps them stand up to high heat without burning.



COOK WITH CANOLA OIL



EAT MORE AVOCADOS

Monounsaturated fats originated mostly in the Mediterranean and trace back to ancient times.

monounsaturated fats are dark gold to green oils



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