

Add These 9 Healthy-Fat Foods to Your Diet

Fortunately, not all fat is bad. Healthy fats, or unsaturated fats, found in plant-based foods, protect your heart and brain, and help lower the risk for heart disease, stroke and other chronic diseases.⁴

Hungry for better health? Add these healthy fats to your diet:

- Olive oil
- Canola, soy, and other non-hydrogenated plant oils
- Trans fat-free, soft tub margarines
- Salad dressings made from non-hydrogenated vegetable oils
- Cold water fish, such as salmon
- Olives and avocados
- Nuts and seeds, including flax seeds
- Plant-based spreads, such as hummus or nut butters
- Fruits, vegetables, and legumes

Plant-Based Power to Control Cholesterol

Choosing foods with less trans fats and saturated fats will help lower your blood cholesterol levels and protect your health.

Plant-based foods like tofu, avocado, soy products, and legumes (peas, beans, lentils, etc.), are cholesterol-free, low in saturated fat, and actually lower cholesterol because of their healthy fat and fiber content.

Vegetables, nuts and seeds, and whole-grain breads and cereals are good sources of healthy fats too.

Eat more healthy fats, and you'll be healthier, feel better, and live longer.



Cut down on saturated fats
<https://tinyurl.com/bdzkprtd>

4 Ways to Measure Cholesterol

A simple blood test can measure cholesterol for:³

- **Total cholesterol.** A measure of the total amount of cholesterol in your blood. (Healthy level for adults = 125 to 200 mg/dL)
- **LDL (bad) cholesterol.** The main source of cholesterol buildup and blockage in the arteries. (Healthy level for adults = Less than 100 mg/dL)
- **HDL (good) cholesterol.** HDL helps remove cholesterol from your arteries (Healthy level for adults = 40 mg/dL or higher)
- **Triglycerides.** The most common type of fat in your body.



5 Types of Fatty Foods to Avoid or Limit

Walk down the aisles at the grocery store and you're bound to see dozens of product packages labeled "low-fat."

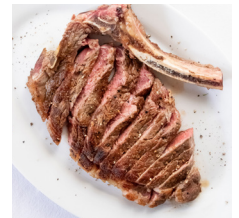
Don't be fooled. In most cases, the label just means the item is low in saturated or trans fat, and not a good source of healthy or unsaturated fat.

Here are 5 types of fatty foods to avoid or limit:

- **Meats:** Beef, lamb, pork, sausage, bacon, hamburgers, hot dogs, steak
- **Full-fat dairy:** Whole milk, cream, butter, ice cream, cheese
- **Animal and solid fats:** Lard, vegetable shortening, hard-stick margarine
- **Baked goods using solid fats:** Pie crust, cake, cookies, pastry, doughnuts, crackers
- **Coconut or palm oil:** Non-dairy toppings and creamers

Is it healthy fat? Here's an easy way to tell. If it's solid at room temperature (like the 600-pound Butter Cow sculpture), it's not healthy.

Fats and cholesterol
<https://tinyurl.com/2p92tjd6>



References

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