

# Fats at a Glance

**Saturated** fat is solid at room temperature. It is mostly in animal foods, such as milk, cheese, and meat, and is also in tropical oils, such as coconut oil, palm oil, and cocoa butter.

**Unsaturated** fat is liquid at room temperature. There are two main types of polyunsaturated fats: Omega-3 and Omega-6 fatty acids.

**Trans Fat** has been changed by a process called hydrogenation. This process increases the shelf life of fat and makes the fat harder at room temperature.

Type of Fat/Oil	Advantages/Disadvantages	Sources
Saturated	Increase bad (LDL) cholesterol levels	Butter, lard, processed meats, full fat dairy products, fast food, (coconut & palm oil higher in saturated fats)
Unsaturated (Monounsaturated, Polyunsaturated)	Decrease bad (LDL) cholesterol levels	Vegetable oils, canola oil, fish, nuts, seeds, avocado
Omega-3 Omega-6	Important for heart and brain health as well as decreasing the risk of some types of cancer	Vegetable oils, avocados, walnuts, flaxseed, as well some fish and shellfish (salmon, sardines, oysters, and shrimp)
Trans Fat (Hydrogenated Oils)	Increase bad (LDL) cholesterol levels & lower good (HDL) cholesterol levels	Processed foods, bakery goods, chips, fast food

