

# EFFECTS OF FATS ON BLOOD LIPIDS

<u>TYPE OF FAT</u>	<u>EFFECTS ON BLOOD LIPIDS</u>	<u>SOURCES</u>
<b><i>AVOID OR EAT LESS SATURATED AND TRANS FATS</i></b>		
<b>SATURATED</b>	Increases Total Cholesterol Increases LDL Cholesterol	All Animal Meats Lard Butter, Cream Milk-except nonfat Yogurt-except nonfat Palm Oil Coconut Oil
<b>TRANS</b>	Increases Total Cholesterol Increases LDL Cholesterol	Hydrogenated Fats: Stick Margarine Shortening (Crisco) Regular Peanut Butter (Jiff, Skippy)

## ***USE POLY AND MONOUNSATURATED FAT IN MODERATION***

### **POLYUNSATURATED**

Omega 6

Decreases Total Cholesterol  
Decreases LDL Cholesterol  
Decreases HDL Cholesterol

Safflower Oil  
Soybean Oil  
Sunflower Oil  
Sesame Oil  
Corn Oil  
Soft Tub Margarine  
Mayonnaise



Omega 3

Decreases Triglycerides  
May Raise HDL Cholesterol  
Prevents sudden death from  
cardiac arrhythmias  
Decreases blood clotting

Salmon  
Bluefish  
Swordfish  
Sardines  
Walnuts/Walnut Oil  
Flax Seed/Flax Seed Oil

### **MONOUNSATURATED**

Decreases Total Cholesterol  
Decreases LDL Cholesterol  
Does not lower HDL

Olives/Olive Oil  
Canola Oil  
Peanuts/Peanut Oil  
Natural Peanut Butter  
Almonds/Almond Oil  
Avocado

