

Type of Fat	Where it is found?	How it effects the body?	Which to choose?
Saturated	Animal sources such as fatty meat or poultry, butter, cream, cheese and other high-fat dairy products Plant-based oils including palm, palm kernel, and coconut	Tend to raise cholesterol levels, including LDL (bad) cholesterol	Choose less often Limit your intake of foods high in saturated fat
Trans	Processed foods made with 'partially hydrogenated oils' Fried foods, doughnuts, baked goods, refrigerated biscuits, frozen pizza, cookies, crackers, stick margarines and other spreads	Raise LDL (bad) cholesterol levels and lower HDL (good) cholesterol levels Eating trans fats increase your risk of developing heart disease and stroke	Choose less often Keep your intake of trans fat as low as possible
Polyunsaturated	Plant-based oils including soybean, corn, and sunflower Fatty fish such as salmon, mackerel, herring, and trout Walnuts, sunflower seeds, tofu, and soybeans	Help reduce LDL (bad) cholesterol levels	Choose more often Choose foods with polyunsaturated fats in place of foods with saturated or trans fat
Monounsaturated	Plant-based oils including olive, canola, peanut, safflower, and sesame Avocados, peanut butter, nuts and seeds	Help reduce LDL (bad) cholesterol levels and increase HDL (good) cholesterol levels	Choose more often Choose foods with monounsaturated fats in place of foods with saturated or trans fat