EAT MORE OF THESE FATS

Monounsaturated Fat
- Olive, canola, safflower, sesame and peanut oil
- Nuts and seeds
- Olives
- Avocados
- Nut and seed butters

Polyunsaturated Fat
- Fatty fish: salmon, mackerel, herring, light tuna, sardines, trout
- Flaxseed
- Nuts and seeds
- Corn, soybean, flaxseed, walnut and sunflower oil

EAT LESS OF THESE FATS

Saturated Fat
- Fatty beef, lamb, pork
- Poultry with skin
- Egg yolk
- Butter, lard, shortening
- Whole milk dairy products, including cheese
- Desserts, chips, cookies, chocolate
- Fried foods
- Tropical oils such as coconut and palm

Trans Fat
Maybe found in these types of foods
- Processed foods
- Crackers, cookies, salty snacks
- Fried foods
- Baked goods, such as donuts, cake and pie
- Some stick spreads

TOP 5 REASONS TO ENJOY HEALTHY FATS

1. Maintain radiant skin
2. Manage weight
3. Lower risk of heart disease
4. Absorb health-sustaining vitamins
5. Stabilize blood sugar levels
TASTY WAYS TO ADD HEALTHY FAT TO YOUR MEALS AND SNACKS

**Avocado/Hummus**
- Add avocado to a tossed salad
- Instead of using mayonnaise on your sandwich, use hummus or avocado
- Enjoy guacamole or hummus and veggies for a snack
- Add avocado to salsa and dip with whole grain tortilla chips
- For a dip, puree with garlic, a little olive oil and lemon juice
- Add to your favorite chicken marinade

**Oil**
- Drizzle olive oil and balsamic vinegar on your salad
- Instead of buttering your bread, try dipping warm bread in a small amount of olive oil mixed with your favorite spices
- Sauté vegetables in a small amount of oil

**Olives**
- Add them to a fresh salad
- Throw some in pasta sauce
- For a dip, puree with garlic, a little olive oil and lemon juice
- Add to your favorite chicken marinade

**Seafood**
- Grill salmon brushed with a little bit of olive oil and your favorite herbs
- Find a yummy salmon burger recipe to try
- Make a wrap with tuna and a little bit of olive oil-based mayo

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FOR A BALANCED, NUTRITIOUS EATING PLAN, INCLUDE 5-6 TEASPOONS OF HEALTHY FAT EVERY DAY.

**One teaspoon equals**
- 3 Tbsp. (1/6) avocado
- 2 Tbsp. hummus
- 1/3 oz. nuts (8 almonds, 6 cashews, 10 peanuts, 4 walnut halves, 16 pistachios)
- 1 ½ tsp. nut butter
- 1 Tbsp. seeds
- 1 tsp. oil
- 8 large olives