

TIME FOR AN OIL CHANGE



Heart Healthy Fats

♥ Mono-Unsaturated Fatty Acids

- Olive oil
- Canola oil
- Peanut oil
- Avocado
- Nuts and seeds

♥ Poly-Unsaturated Fatty Acids

- Safflower oil
- Sunflower oil
- Corn oil
- Sesame oil
- Soft (tub) margarine
- Nuts and seeds

♥ Omega-3 Fatty Acids

- Flaxseed oil
- Flaxseeds
- Walnuts
- Fish such as:
 - Tuna
 - Salmon
 - Mackerel
 - Sardines
 - Herring



Cholesterol-Raising Fats

Saturated Fatty Acids

- Tropical Oils
 - Coconut oil
 - Palm oil
 - Palm kernel oil
- Animal Products
 - Meat
 - Poultry
 - Seafood
 - Eggs
 - Full-Fat or Reduced Fat Dairy Products
 - Lard and butter

Trans Fats

- Stick margarine and shortening
- Hydrogenated vegetable oils
- Commercial baked goods (crackers, cookies, cakes, etc.)
- Fried foods (doughnuts, french fries, etc.)

Dietary Cholesterol

- Animal Products
 - Meat
 - Poultry
 - Seafood
 - Eggs
 - Full-Fat or Reduced Fat Dairy Products
 - Lard and butter