



List Of Fats

To maintain a balanced diet your body needs fats to function properly. The RDI is between 20-35g of fat. AVOID trans fats if possible.

UNSATURATED FAT

MONOUNSATURATED

- Nuts
- Vegetable oils
- Canola oil
- Olive oil
- High oleic safflower oil
- Sunflower oil
- Avocado

POLYUNSATURATED

OMEGA-6 SOURCES

- Soybean oil
- Corn oil
- Safflower oil

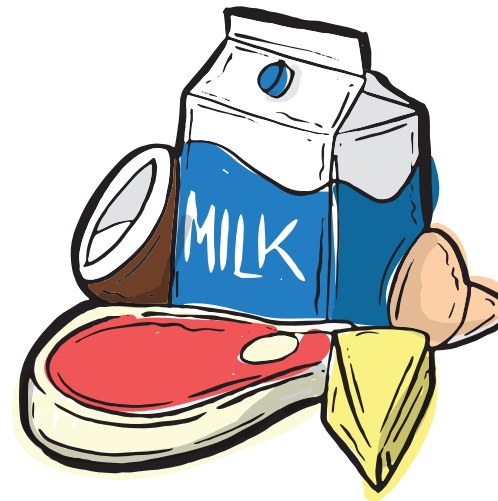
OMEGA-3 SOURCES

- Soybean oil
- Walnuts
- Flaxseed
- Fish: trout, herring, and salmon



SATURATED FAT

- Cheeses
- High-fat cuts of meat
- Whole-fat milk
- Cream
- Butter
- Ice cream
- Palm oil
- Coconut oils



TRANS FAT

- Margarine
- Cookies
- Doughnuts
- Cakes
- Frozen pie
- Frozen Pizza
- Savoury snacks
- Fast Foods

