

**EAT GOOD FATS TO
MEET YOUR HEALTH GOALS!**

**GOOD
FATS** 101™

THE POWER OF GOOD FATS

Did you know healthy fats provide a wealth of health benefits?

At almost any age, replacing saturated fats* with polyunsaturated fats (omega-3, omega-6) and monounsaturated fats (omega-9) is a smart way to promote health and reduce key risk factors for several diseases. Let's find out more about the connection between good fats and your health!

**artificial trans fats are even more harmful to health and have been banned from the North American food supply*

If you want to ...
Lower Blood Pressure

Then ...
**Grab a Handful
of Walnuts**



Walnuts, along with fatty fish, flax and chia seeds, canola oil and soybean oil contain omega-3 fatty acids,

which not only decrease blood pressure and improve blood vessel function, they also help increase HDL (“good”) cholesterol and reduce inflammation, platelet aggregation and triglycerides, all of which help reduce the risk of heart disease and stroke.

If you want to ...
Reduce Belly Fat

Then ...
**Cook or Bake
with Canola Oil**



Emerging research has tied monounsaturated fat to reduced levels of abdominal fat,

a type of body fat that can be particularly harmful to health. High oleic soybean, canola and sunflower oils are high in monounsaturated fats, as are avocados, nuts, olives and olive oil.

If you want to ...
**Reduce the
Risk of Dementia**

Then ...
Try the MIND Diet



The MIND diet, a combination of the Mediterranean and DASH diets,

has been linked to lower rates of dementia and mild cognitive impairment and slows the rate of cognitive decline. The MIND diet is rich in unsaturated fats, including plant-based oils like canola and soybean, fish and nuts, and is also low in saturated fats, which are found in butter, coconut oil and high-fat meats. Other foods recommended on this eating plan include leafy greens, berries, beans, whole grains and poultry.

If you want to ...
Lower LDL
(Bad) Cholesterol

Then ...
Eat More Avocados



Avocados are a great source of monounsaturated fats and fiber,

both of which can help lower LDL (bad) cholesterol, which contributes to plaque formation, also known as atherosclerosis. These monounsaturated fats, also found in high oleic soybean, canola and sunflower oils, olives and olive oil, almonds, hazelnuts, peanuts, pecans, pistachios and seeds are particularly effective when they replace saturated fats, which are found in high-fat meats, butter and coconut oil.

If you want to ...
**Maximize the
Nutrients in Your Food**

Then ...
**Add Good Fats to
Meals and Snacks**



When added to meals and snacks,

healthy fats can improve the absorption of fat-soluble vitamins and phytonutrients and help ensure your body gets the nutrients it needs to function at its best. To get the most nutrition out of your food, try roasting or sautéing vegetables in canola or soybean oil, adding olives or avocado slices to salads and sandwiches, or tossing nuts or seeds into yogurt, cereal, oatmeal or smoothies.

If you want to ...
**Improve Blood
Sugar Control**

Then ...
Snack on Nuts



Research shows ...

the consumption of plant-based unsaturated fats, such as those found in nuts, seeds, avocados, olives, and canola, olive, and sunflower oils, improves insulin sensitivity and helps regulate glucose levels. To boost your consumption of plant-based unsaturated fats, snack on nuts and seeds, use canola oil for cooking, toss olives in salads, and spread avocado on your morning toast.

If you want to ...
**Promote Brain
Development During
Pregnancy**

Then ...
**Consume 8 to 12 oz.
of Seafood Weekly**



Research shows the omega-3 fatty acids DHA and EPA, both found in fatty fish such as salmon, trout, mackerel and herring, are important during pregnancy and breastfeeding,

as well as early in life because they play an important role in the development of the central nervous system and brain. In fact, the Dietary Guidelines recommend pregnant and breastfeeding women should aim for 8 to 12 ounces of seafood* each week. Other non-fish foods with omega-3s include walnuts, flaxseed, chia seeds, and canola and soybean oils.

**avoid high mercury seafood: shark, swordfish, king mackerel, tilefish, bigeye tuna, marlin, orange roughy*

If you want to ...
**Enjoy a
Heart-Healthy Treat**

Then ...
**Savor a Piece
of Dark Chocolate**



Flavonoids, like those found in dark chocolate, have heart-protective benefits.

Additionally, the fat profile of dark chocolate is favorable to heart health. One-third of the fat is monounsaturated (good fat). The remaining fat is made up of stearic and palmitic acids, two saturated fatty acids. While palmitic acid* is associated with increased risk for heart disease, research indicates that stearic acid has a neutral affect, meaning the majority of the fats in dark chocolate are not harmful to the heart.

**lauric and myristic acid have also been shown to increase LDL cholesterol and risk for heart disease.*

If you want to ...
**Eat More
Plant-Based Foods**

Then ...
**Use Plant-Based Oils
Instead of Butter**



Replacing animal fats with certain plant-based fats and oils is great for health,

since it can help you reduce your intake of bad fats and increase intake of good fats. In fact, the majority of unsaturated fats are found in plant-based foods. Monounsaturated fats are found in high oleic soybean, canola, olive and sunflower oils, along with avocados, nuts and olives. Sources of polyunsaturated fats include flax, chia and hemp seeds, walnuts, and canola, corn, soybean and sunflower oils. On the other hand, saturated fats are primarily found in animal products such as high fat meats and butter.

If you want to ...
**Maintain a
Sharp Memory**

Then ...
**Eat Chia Seeds
and Flaxseeds**



Chia seeds and flaxseed contain omega-3 fatty acids,

which research shows may help fight age-related cognitive decline and help maintain memory function. You can also find omega-3 fatty acids in fatty fish, such as salmon, trout, mackerel and herring, as well as walnuts and canola and soybean oils.

If you want to ...
Boost HDL
(Good) Cholesterol

Then ...
Reach for Foods Rich in
Monounsaturated Fats



Monounsaturated fats may help increase HDL,

a good form of cholesterol that protects against plaque buildup in the arteries. These healthy fats are commonly found in canola, olive and sunflower oils, avocados, olives, almonds, hazelnuts, peanuts and pistachios. High stability oils, such as high oleic canola and high oleic soybean, have been developed to possess especially high levels of monounsaturated fats and are frequently used in foodservice and food manufacturing.

If you want to ...
Lose Weight

Then ...
Fill Up on Almonds



Foods containing healthy fats, such as almonds, take longer to digest,

curbing hunger and appetite and helping reduce overall calorie intake. While all good fats promote satiety, nuts are especially powerful since they also contain fiber and protein — two hunger-fighting nutrients.

If you want to ...
**Reduce Your Risk
for Type 2 Diabetes**

Then ...
**Replace Bad Fats
with Good Fats**



According to the American Diabetes Association,

nuts are linked to a lower incidence of type 2 diabetes. Additional research suggests that, in general, good fats (unsaturated fats) found in liquid oils, nuts, seeds and avocados may also reduce the risk. What's more, some studies have shown that diets high in saturated fat, found in coconut oil and high fat meats, can contribute to insulin resistance and increase diabetes risk, and replacing saturated fat with unsaturated fat has been shown to lower insulin resistance.

If you want to ...
Improve Heart Health

Then ...
**Prepare Food with
Soybean Oil**



According to the Dietary Guidelines for Americans,

replacing saturated fats, such as butter and coconut oil, with unsaturated fats, like those found in soybean, canola and sunflower oils, can help lower LDL (“bad”) cholesterol and triglycerides, two risk factors for heart disease.

For more information and tools, visit GoodFats101.com

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