



WHAT KIND OF FATS
ARE THE “GOOD” FATS?



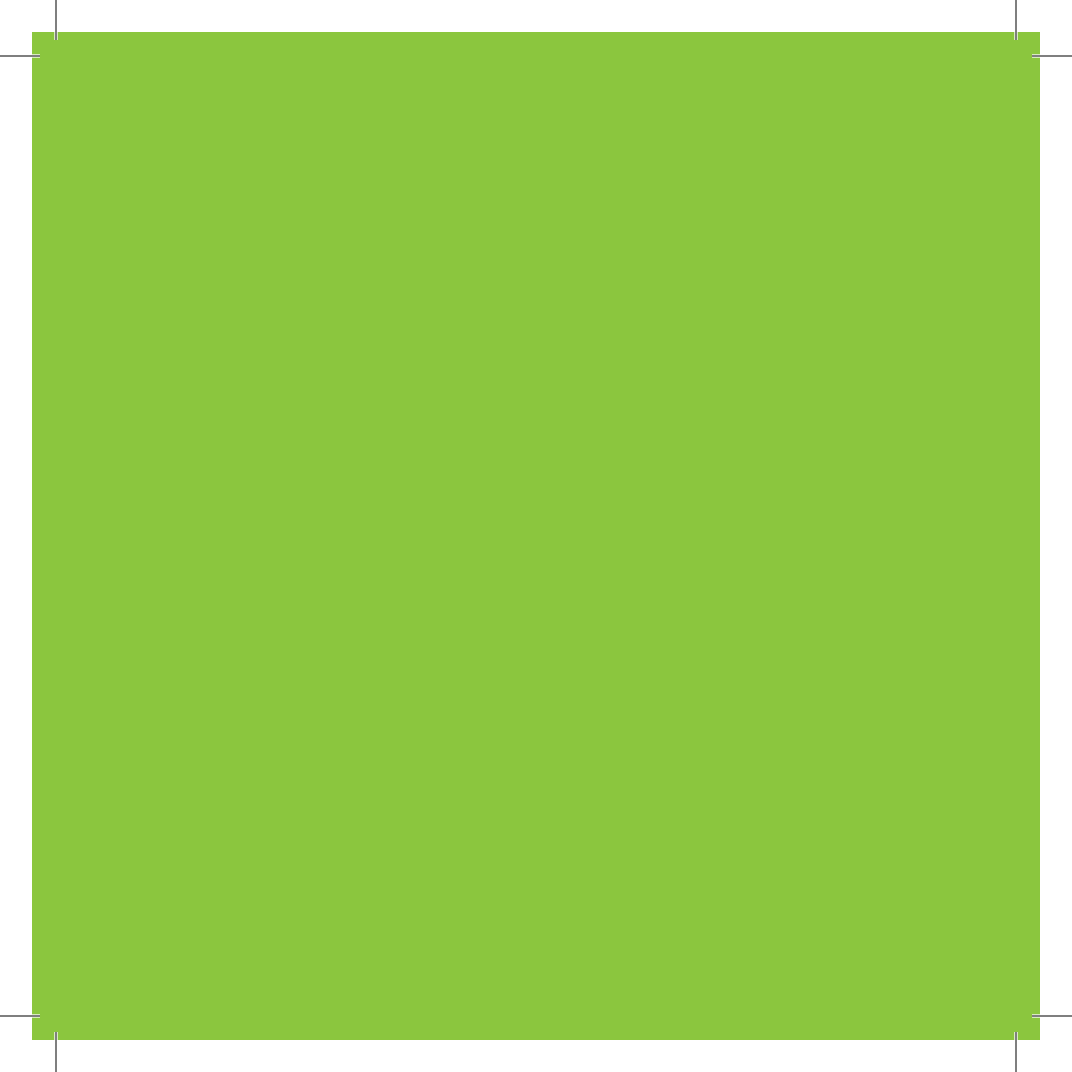


Monounsaturated and polyunsaturated fats.

Omega-9 fatty acids are monounsaturated fats while omega-3 and omega-6 fatty acids are polyunsaturated fats.



HOW MUCH FAT DO
YOU NEED IN A DAY?

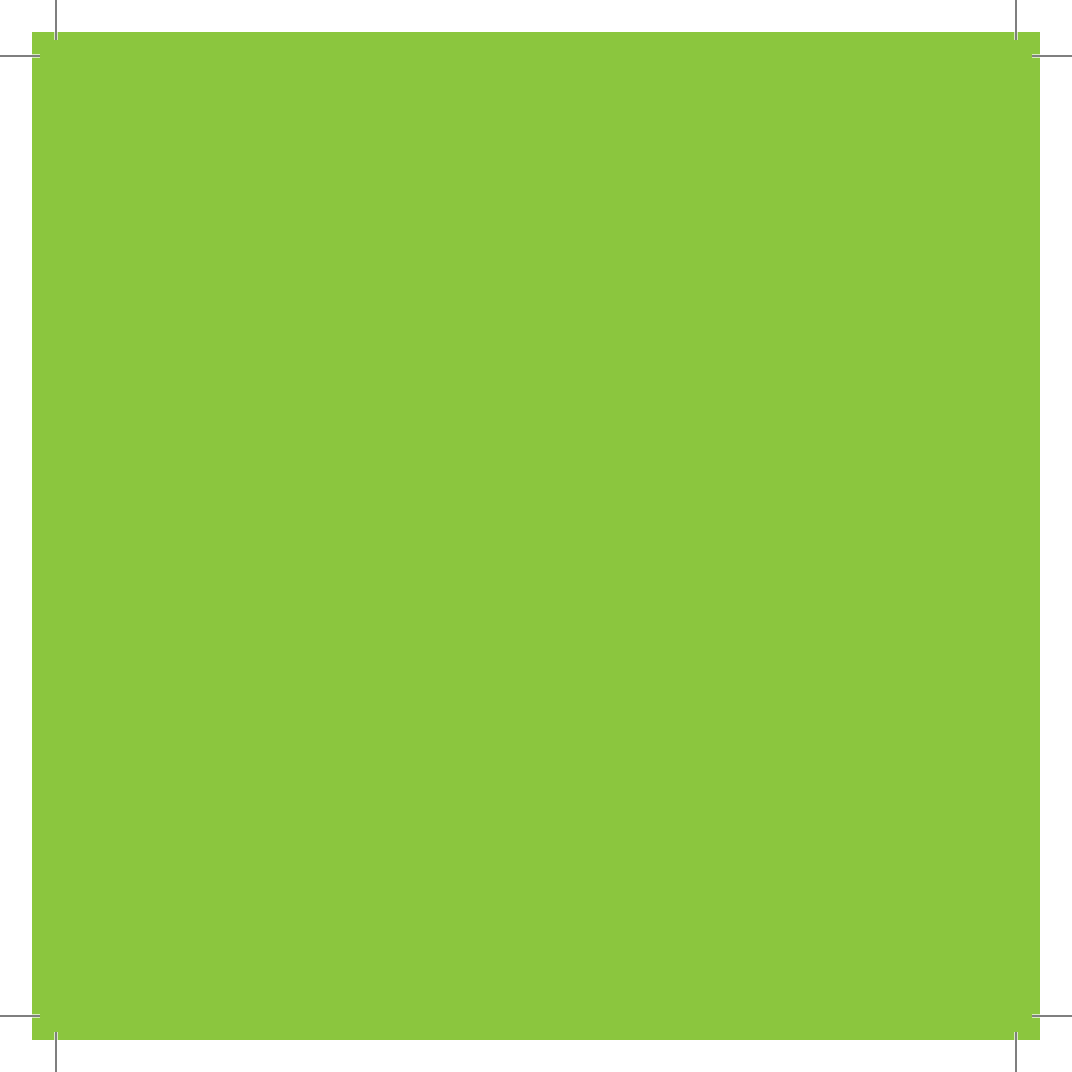




The Dietary Guidelines for Americans recommends consuming 20-35% of daily calories from fat. Most of this should come from monounsaturated and polyunsaturated fats — the “good” fats!



WHICH OILS ARE GOOD
SOURCES OF “GOOD” FATS?

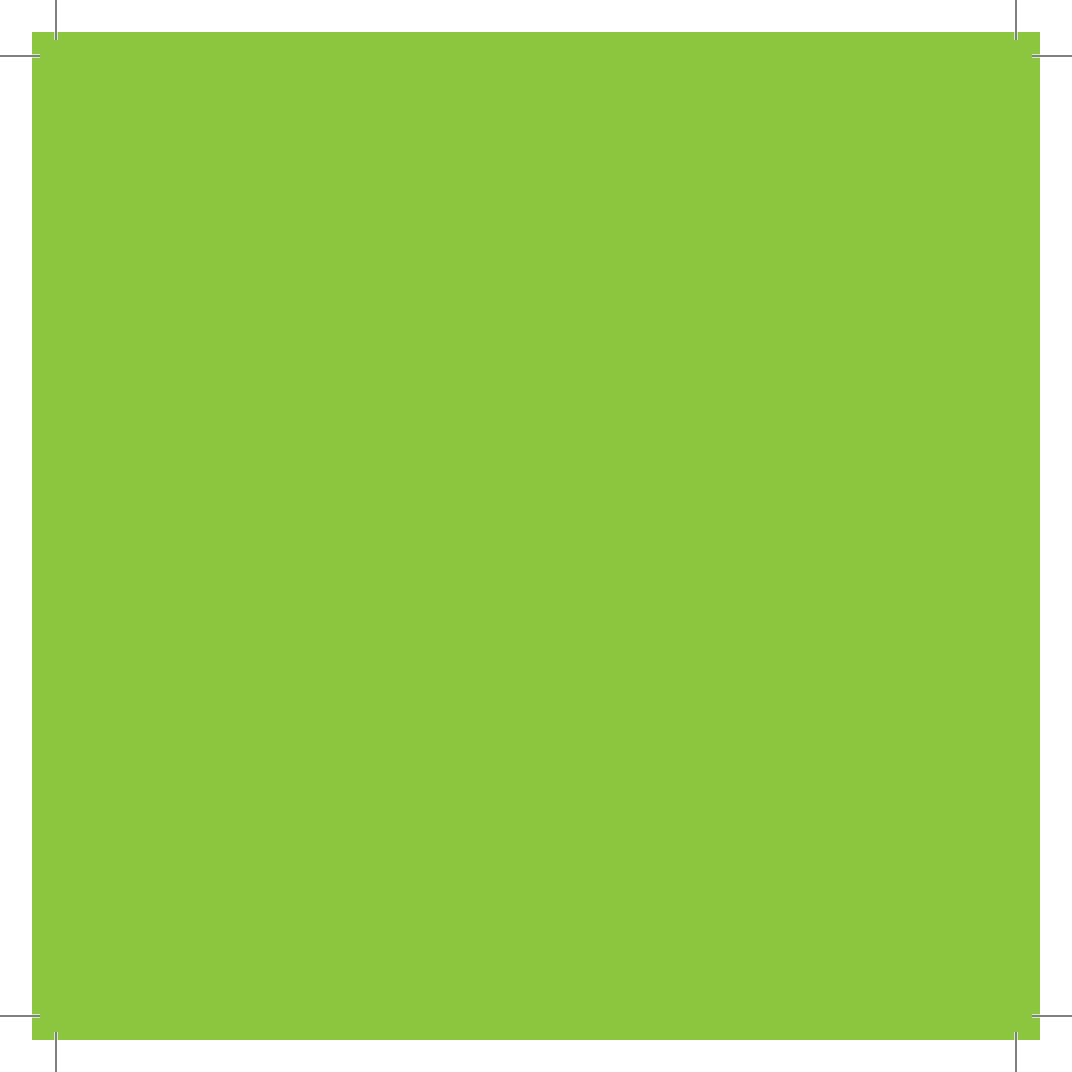




Canola, olive, sunflower, flax, corn, safflower and soybean oils are all good sources of monounsaturated and polyunsaturated fats.



WHAT ARE SOME OF
THE HEALTH BENEFITS
“GOOD” FATS OFFER?

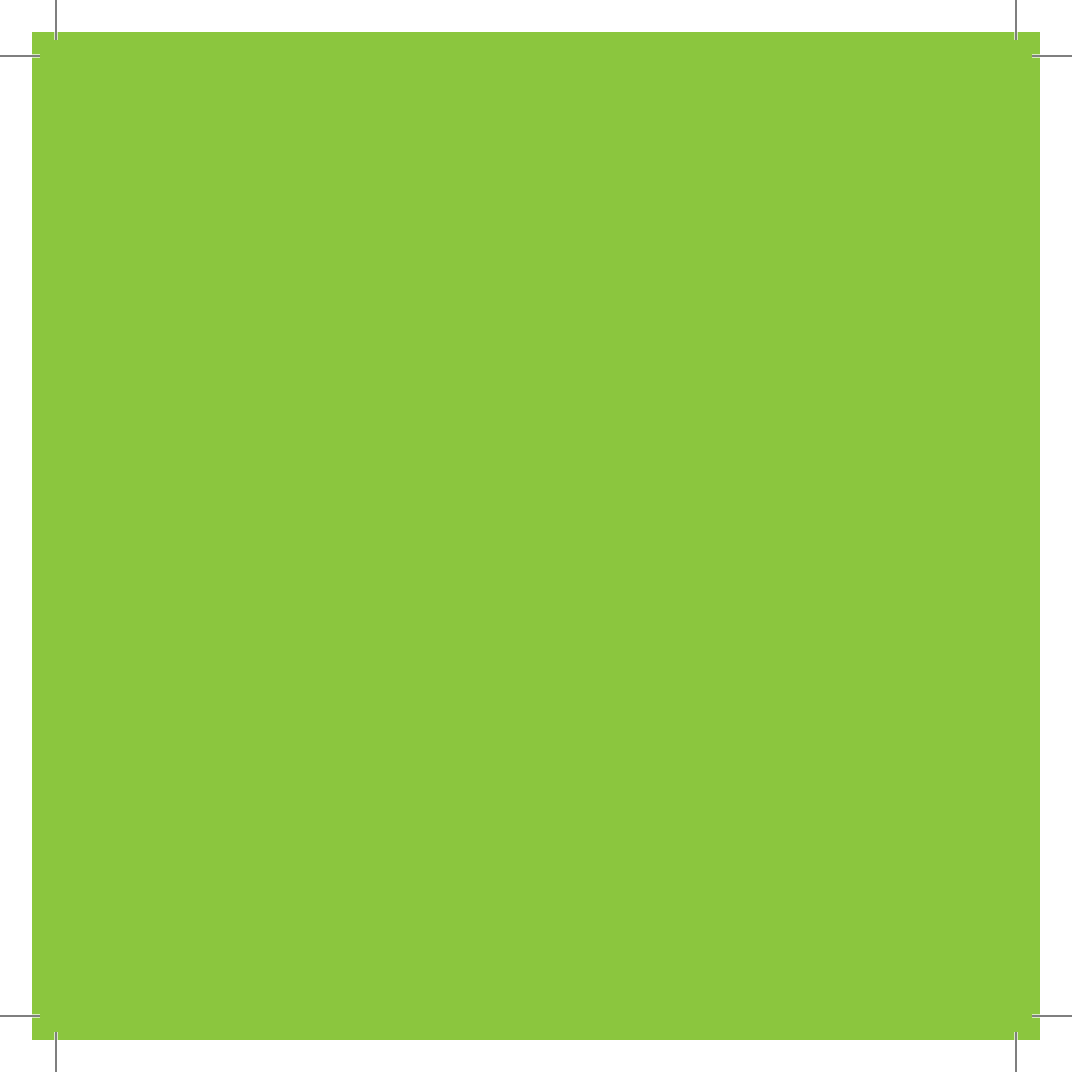




Research shows “good” fats offer our bodies a variety of benefits. Lowering “bad” cholesterol, increasing “good” cholesterol and reducing the risk of developing Type 2 Diabetes are some — just to name a few!



- TRUE OR FALSE -
WE NEED FAT IN
ORDER TO SURVIVE





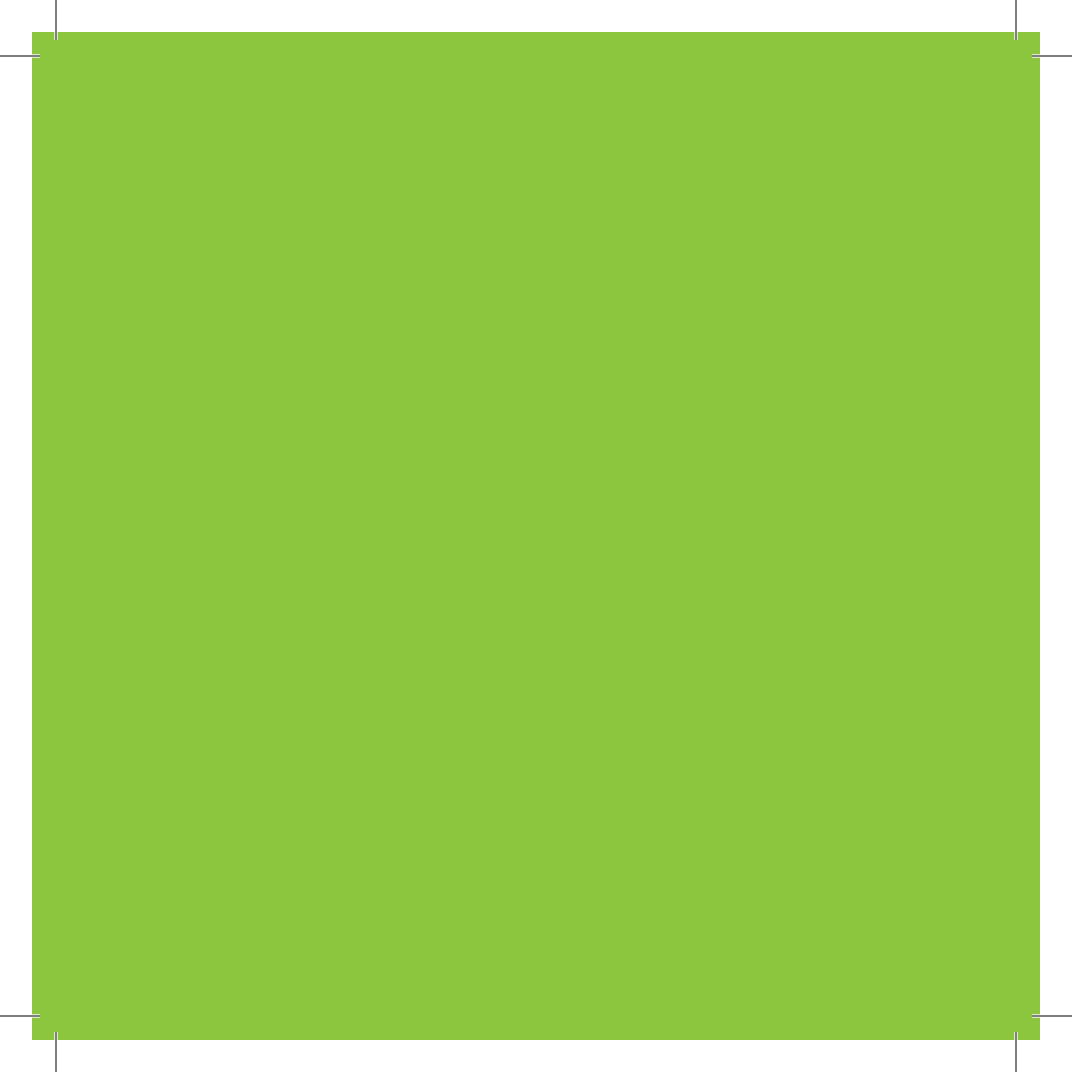
TRUE.

Fat plays many important roles in our bodies like serving as an energy source, helping us absorb certain vitamins like vitamins A, D, E and K, and maintaining healthy cells and skin.



- TRUE OR FALSE -

A “GOOD” FAT HAS FEWER
CALORIES THAN A “BAD” FAT





FALSE.

All fats have the same amount of calories — 9 calories per gram.

Although “good” fats may have health benefits, eat them in moderation to avoid weight gain.
