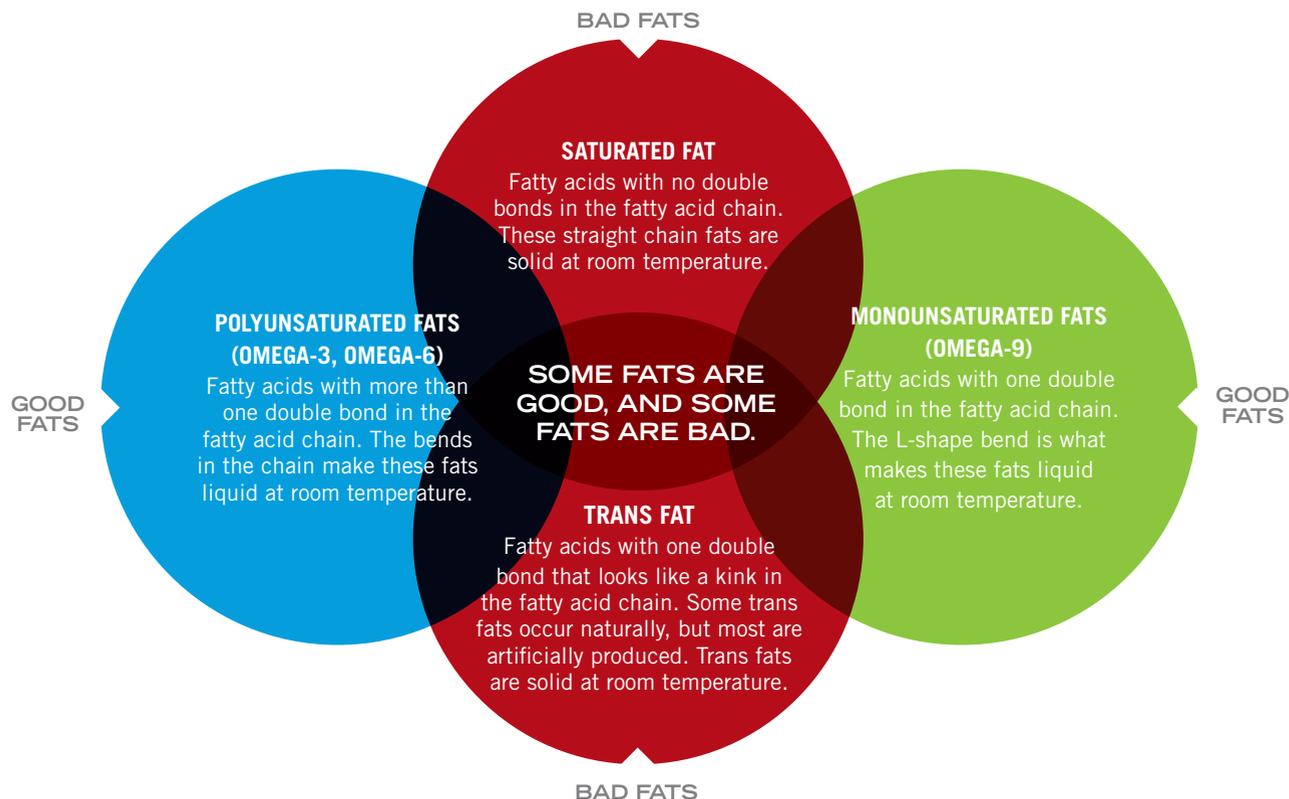


DIETARY FAT: THE GOOD, THE BAD AND HOW TO EAT THE RIGHT ONES

On any nutrition label, four different kinds of fat may be listed: trans, saturated, polyunsaturated and monounsaturated.¹ Each fatty acid has a unique nutrition profile based on the structure of the molecule.² The differences in molecular structure determine how the fat will be digested and absorbed in the body, ultimately influencing heart health and diabetes risk.² All fats and oils consist of triglycerides made up of fatty acids and glycerol.



GOOD FATS ARE OMEGAS.

Monounsaturated and polyunsaturated fats also may be known by another name: Omegas. Omega-3 and omega-6 fatty acids are two types of polyunsaturated fat, and omega-9 fatty acids are monounsaturated fats.³ Each omega fatty acid has a specific role in the body, but they all work together to promote health.³ Incorporating these good fats into a healthy diet can have positive benefits on cholesterol levels and reduce the risk of heart disease, stroke, and diabetes.²

NAME	OMEGA-3	OMEGA-6	OMEGA-9
KNOWN AS	Polyunsaturated	Polyunsaturated	Monounsaturated
DIETARY SOURCE	Oils: canola, flax, soybean Nuts: walnuts Fish: oily fishes (herring, mackerel, salmon, trout, tuna) Other: algae, Omega-3 eggs	Oils: canola, corn, olive, peanut, safflower, soybean, sunflower Nuts: almonds, cashews, hazelnuts, peanuts, pecans, pistachios, walnuts Other: eggs	Oils: canola, olive, peanut, safflower, sunflower Nuts: almonds, cashews, hazelnuts, macadamias, peanuts, pecans, pistachios, walnuts Other: avocados, eggs, poultry
POSITIVE HEALTH EFFECTS	Brain development, heart health, cholesterol, cognition, mood	Heart health, cholesterol	Heart health, cholesterol, blood sugar control





**IN AN AVERAGE
2,000-CALORIE
DIET, YOU SHOULD
CONSUME 22-55
GRAMS OF OMEGA-3,
6 AND 9 DAILY⁴**

CHOOSE GOOD FATS FOR IMPROVED HEALTH.

Good fats have positive health benefits.

- Improve cholesterol levels
- Reduce risk of heart attack and stroke
- Reduce risk of diabetes
- Promote healthy nerve activity
- Improve vitamin absorption
- Maintain healthy immune system
- Promote cell development

Bad fats may negatively influence your health.

- Increase 'bad' cholesterol (LDL)
- Decrease 'good' cholesterol (HDL)
- Increase the risk for developing coronary heart disease

GOOD FATS ARE FOUND IN FOODS YOU EAT EVERY DAY.

Grocery stores carry good fats in many different forms, including:^{1,2}

- Healthy oils (canola, olive oil and sunflower oil): Healthy oils are not just in bottles on the shelf, many of your favorite foods include healthier oils, which means they contain good fats
- Nuts (almonds, pistachios, walnuts)
- Fatty fish (salmon, tuna)
- Some fruits (avocados, olives)

Nutrition labels, ingredient lists and front-of-pack messages can help you identify good fats.

- Do not be deceived by “low fat” or “fat-free” claims. “Low fat” also can suggest “high sugar.” Fat is an important component of the diet, so choose products that include good fats.⁵
- Look for ingredients such as canola oil or sunflower oil to indicate good fats.
- Watch out for ingredients such as partially hydrogenated oils (trans fats) and palm oils (high in saturated fat).
- Some nutrition labels will display the good fats information, but it is not a federal requirement on the label, so you may have to do the math yourself. Subtract grams of trans and saturated fat from grams of total fat on the nutrition label to determine how many grams of combined polyunsaturated and monounsaturated fats are included.
- Look for packaging claims outside the nutrition label that indicate good fats have replaced bad fats, such as “contains x grams of omega-3 fatty acids” or “provides x grams of omega-6 fatty acids.”⁶
- Look for ingredients such as canola oil instead of partially hydrogenated oils, which indicates the presence of trans fats.⁴

The USDA recommends Americans consume 20-35% of calories from fat. Here are targets for maximizing good fats within total fat intake:

- At least 10-25% of calories from combined polyunsaturated and monounsaturated fatty acids^{3*}
- Less than 10% of calories from saturated fatty acids⁴
- Less than 1% of calories from trans fats^{4,5}

In an average 2,000-calorie diet, you should consume 22-55 grams of Omega-3, 6 and 9 daily⁴ to ensure that you're meeting the USDA's dietary fat recommendations and maintaining heart-healthy habits. Canada also has developed regulations for good fats. According to their guidelines, Canadians should include a small amount (30-45 ml/2-3 tbsps) of unsaturated fat in their daily diet. This includes healthy oils and margerines.

*Range based on USDA recommendations for total calories from fat

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Reference Appendix

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