

# GOOD FATS SHOPPING LIST

## PRODUCE

Avocados

## MEAT, POULTRY AND FISH

Herring  
Mackerel  
Salmon  
Trout  
Tuna

## OILS

Canola  
Corn  
Olive  
Peanut  
Soybean  
Sunflower

## PACKAGED FOODS

Check the nutrition facts panel and the ingredients label for good fats.

## CANNED FOOD

Almond Butter  
Black Olives  
Green Olives  
Peanut Butter  
Salmon  
Tuna

## DAIRY

Margarine

## NUTS AND SEEDS

Almonds  
Cashews  
Flaxseed  
Hazelnuts  
Macadamias  
Peanuts  
Pecans  
Pistachios  
Pumpkin Seeds  
Sunflower Seeds  
Walnuts



OILS

# READING THE LABEL

**POPCORN LABEL**

**Nutrition Facts**  
Serving Size: 2 cups popped  
Serving Per Container 4

Amount per serving	
Calories 230	Calories from Fat 60
Percent Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	0%
Trans Fat 0g	
Monounsaturated Fat 3.5g	
Polyunsaturated Fat 1.5g	

**Ingredients:** Popcorn, canola oil, salt

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily values may be higher or lower depending on your calorie needs.

Annotations:

- Saturated Fats, No Trans Fats (points to Saturated Fat 1g)
- Label that Includes Monounsaturated Fats (points to Monounsaturated Fat 3.5g)
- Label that Includes Polyunsaturated Fats (points to Polyunsaturated Fat 1.5g)
- Ingredient List with Canola Oil (points to canola oil in ingredients)

## TIPS:

- 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).  
*Palm oils might be listed as: Hydrogenated Palm Glycerides, Kernel Oil, Palm, Palmitate, Palmolein Palm, Fruit Oil, Palm Kernel, Vegetable Fat, Vegetable Oil*
- Beware of trans fats. Nutrition Facts labels may say a food contains “0 g” of trans fat, as long as the product contains <0.5 grams of trans fats per serving. If a product includes “partially hydrogenated oil” in the ingredient list, then the product contains trans fat. So, if you eat more than one serving, you could be consuming larger amounts of trans fats than the labels suggest.
- If a package simply lists “hydrogenated oil,” without expressly stating whether it is partially or fully hydrogenated, it may not be trans fat-free.
- If the package clearly states that it contains fully hydrogenated oil, then it will be trans fat-free.
- 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.”