

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.”