

Lipids / Fats

The words lipid and fat have very similar meaning

There are four main types of fat:

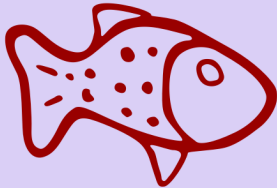
Polyunsaturated

Monounsaturated

Saturated

Trans

Polyunsaturated (PUFA)



There are different types of PUFA.

Omega-3 fats are a type of PUFA. Specific omega-3 fats (EPA and DHA) can be found in: fish, seafood, some eggs/milk, and supplements.



PUFAs help with nerve and brain development.



Family history (eg. genetics) play a role in how much fat is in your blood (eg. cholesterol levels).

Monounsaturated (MUFA)



There are different types of MUFA.

High amounts of MUFA are found in some vegetable oils, olive oil, avocados, and nuts.

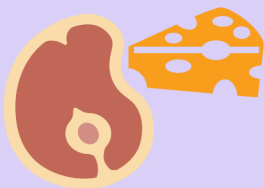


Consuming MUFA can improve blood lipid profiles, which can contribute towards improved overall health.



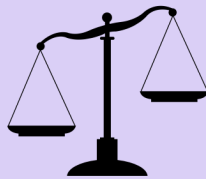
Consuming more MUFA in the diet may lower risk of heart disease and stroke.

Saturated



There are different types of saturated fats.

High amounts of saturated fat are in some animal meat, lard, butter, and cheese.



Research shows that balancing the types of PUFAs, MUFAs, and Saturated fats is important for heart health.



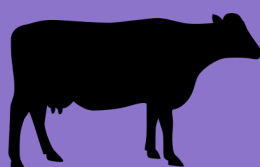
More research is needed to understand the link between saturated fats and health.

Trans



There are artificial and naturally occurring trans fats

Artificial trans fats are found in baked and fried foods like cakes, cookies, and donuts.



Small amounts of natural trans fats are found in milk, cheese, and animal meat.



A diet low in artificial trans fats may lower blood cholesterol and heart disease risk.