



Choose Healthy Fats

Did you know that not all fats are unhealthy? Canada's Food Guide suggests that everyone include a small amount (30-45 mL or 2-3 tablespoons) of "healthy fats" in their diet every day. These supply essential fatty acids and help our bodies absorb fat soluble vitamins.

What are healthy fats?

- **Unsaturated fats** come from plants. These types of fats are good for you (in small amounts). Examples of these include: avocado, nuts, seeds, and vegetable oils such as olive, corn or canola.
- **Omega -3 fats** are found in foods such as fatty fish (salmon, herring, rainbow trout), flax seeds and walnuts. Try to have 2 servings of fish each week!



What are unhealthy fats?

- **Saturated fats** are found in meat, poultry and products made from milk. These fats are less healthy. Eating too much of these may increase the risk of heart attack and stroke. Try to limit the amount of saturated fats you eat each day. Some ways to do this include choosing lean meats and lower fat milk and milk alternatives.
- **Trans fats** are made when liquid oil is turned into solid fat. This process is called "hydrogenation". These fats are found in processed and packaged foods such as donuts, cookies and French fries. Eating too much of this less healthy fat may increase the risk of heart attack and stroke. Try to **avoid trans fats**. Check the Nutrition Facts table to see if the foods you are choosing contain trans fats.

Choose the recommended amounts of healthy fats and limit unhealthy fats!

For more information about healthy fats, please visit:

<http://www.albertahealthservices.ca/nutrition/page8923.aspx>

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>