

Quick Fat Facts Guide

Total Fat: Fats and oils are made up of a combination of saturated, trans, monounsaturated and polyunsaturated fats. All fats are high in calories, but some are bad for the heart and some are not.

Artery clogging fats that increase blood cholesterol:

Saturated fat is found in foods like milk, cheese, ice cream, ground beef, steak, pork, coconut oil and palm oil.

Trans fat is formed when vegetable oils are hardened. It is found in foods like margarine, shortening, fried foods like french fries and fried chicken, doughnuts, cookies, pastries and crackers.

Unsaturated fats that do not clog arteries:

Monounsaturated fat is found in higher levels in olive, canola and peanut oils.

Polyunsaturated fat is found in higher levels in soybean, corn, safflower and sunflower oils.

Learn To Live

Healthy Living from the Anne Arundel County Department of Health

aahealth.org • learn to live

410.222.7979