

**Main types of fats:**

1. Saturated
2. Monounsaturated
3. Polyunsaturated
4. Trans-fatty acids

Saturated	Monounsaturated	Polyunsaturated	Trans-Fatty Acid
<i>Where you will find them</i>			
Beef, poultry, pork, cow's milk, coconut, avocado, palm oil, full-fat dairy	Avocados, olives, olive oil, nuts, sunflower oil, seeds, halibut, sablefish, mackerel	Salmon, sardines, mackerel, herring, trout, fresh tuna, flax seed, walnuts, flax seed oil, soybean oil	May be found in: margarine, processed foods, candy, chips, soda, flaky pastries, some peanut butters
<i>What they are</i>			
SFAs are shelf-stable, resistant to heat damage, and essential to many bodily functions. Roughly half of our cell membrane structure is composed of saturated fat.	Liquid at room temperature, but become solid when chilled. Their chemical makeup consists of one double-bonded carbon molecule.	Liquid at room temperature and even when chilled. Their chemical makeup has more than one double-bonded carbon atom. Known as the "omega fats".	Also referred to as partially hydrogenated oil. Most are artificially made so that they stay solid at room temperature.
<i>Physiologic effects</i>			
Raise good HDL and lower LDL. Enhance immunity. Saturated fatty acids constitute at least 50% of the cell membranes.	Raise good HDL and lower LDL.	Raise good HDL and lower LDL. Omega-3 fatty acids are considered anti-inflammatory and are associated with lower risk of death.	Raise LDL and lower HDL, which leads to plaque buildup in arteries and increased risk of heart disease
<i>What to eat – What to avoid</i>			
Saturated is not only safe but quite beneficial to human physiology. However, in general fat should be consumed in moderation.	Generally considered heart-healthy, these foods should be eaten daily.	Generally considered heart-healthy, strive to eat fresh caught, cold water fish 3 times per week and plant-based polys often.	<b>Avoid all</b> products with partially-hydrogenated oils listed on the ingredients. Some trans-fats occur naturally in beef, lamb, butterfat and dairy and is safe to consume in moderation.

**Sources:**

Adapted from Institute for Integrative Nutrition

<https://www.ncbi.nlm.nih.gov/pubmed/20071648>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5577766/>

<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/choose-healthy-fats>

