

Fat Facts

Adapted from *alive's Encyclopedia of Natural Healing*

Type of Fat	Description	Health Effects	Sources
Saturated	Usually solid at room temperature. Visible as the marbled fat in meats	High amounts of saturated fats, particularly those from meat, are linked to high cholesterol and heart disease	Animal fats – red meat, pork, dairy fats, butter, cheese tropical oils – coconut, palm, palm kernel, cocoa butter
Polyunsaturated	Poly means “many,” hence, these fats have many spaces not taken up by hydrogen molecules and double bonds. Includes omega-3 and omega-6 essential fatty acids.	Nourishes the heart, brain, skin and all cells of the body	Nuts and nut oils, seeds, beans
Monounsaturated	Mono means “one.” Monounsaturated fats have just one bond and two empty spaces not taken up by hydrogen molecules. Liquid at room temperature.	Reduce levels of “bad” (LDL) cholesterol	Vegetable and nut oils such as almond, olive and peanut
Hydrogenated and trans fats	Fats that have been artificially saturated (hardened)	They are proven to be associated with heart disease and cancer	Commercially prepared baked goods, candies, ice cream, chocolate, snack foods and potato chips