Here’s a fact on fats: not all fat is bad for you. The fat in the foods you eat provide energy for your body and support many of its functions. The 2015-2020 Dietary Guidelines recommend diets that encourage the intake of healthy fats, rather than just lowering fat intake. There are several different types of fat: saturated, and unsaturated, and trans fats, oh my! So which ones should we be eating? Keep reading to figure out your fat facts.

### Fats to Limit

**Saturated fats** come from animal sources, such as:
- Red meat
- Poultry
- Butter
- Cheese (and other dairy products made from whole or 2% milk)

**Trans-fats** are found in oils made through a processing method called *partial hydrogenation*. Check your food labels for amounts of trans-fats. Some examples of foods with trans-fats are:
- Shortening
- Stick margarine

Fats with high amounts of saturated/trans-fat are generally solid at room temperature.

### Fats to Include

**Unsaturated fats** can improve your lipid profile, and when consumed instead of saturated fats, can reduce your risk of heart disease and type II diabetes. They include **Monounsaturated fats** and **Polyunsaturated fats**, both found in various foods and oils.

Examples found in the dining hall include:
- Canola, olive, peanut, and corn oil – use as a replacement for butter
- Unsalted nuts/seeds – a small handful of nuts/seeds is a smart swap for chips
- Avocados – a bit of guac on your toast goes a long way
- Peanut Butter – apple slices and a thin layer of PB is a great snack

**Omega-3 Fatty Acids** are a type of polyunsaturated fat that are beneficial for heart health and brain function. Your body cannot make omega-3 FA’s, so it is important to incorporate them into your diet.

Examples found in the dining hall include:
- Fatty fish, like salmon and tuna – enjoy at least twice a week
- Walnuts, a plant-based source of omega-3 FA’s — add to your cereal or salad
- Foods fortified with omega-3 FA’s – eggs, milk, and soy beverages

Unsaturated fats are mostly liquid at room temperature.

(Healthy) Fat is our Friend

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