

FATS

Unhealthy Fats:

Saturated fats raise your 'bad' (LDL) cholesterol levels and are usually solid at room temperature and come from an animal source.

Examples: Meat fat found on beef or pork, butter, cream, ice cream, lard, butter, baked and fried foods

Coconut and palm oils are also high in saturated fat though they break the animal source rule, this is because they do not contain cholesterol.



Trans fats are a man-made fat through a process called homogenization of unsaturated fats found in vegetable oil. Simply put the unsaturated fat goes through a process of adding hydrogen atoms making the fat to become solid to enhance the flavour or texture. Trans fats also raise your LDL cholesterol levels, in addition they decrease your 'good' (HDL) cholesterol levels. When reading food labels try not to choose any foods with trans fats in them

Examples: Commercially made or pre-packaged baked products such as donuts, cakes, muffins, pie crusts, pizza dough, some bread products, also some stick margarines, vegetable shortenings, fried foods like fries, chicken nuggets, or hard taco shells, snack foods like chips and microwaveable popcorn, frozen dinners, Philadelphia Cooking Creams

Becel Margarine is an exception to stick margarines, it does not contain trans fats.

REMEMBER: Always read the label. If you are choosing fresh products and preparing foods yourself you will likely have less trans fats.

Healthy Fats:

Mono- and Poly- unsaturated fats

Unsaturated refers to the chemical make-up of fat, mono- has 1 unsaturated bond and poly- has many. Most unsaturated fats are liquid at room temperature and come from a plant source. Poly-unsaturated fats have a cardio (heart) and insulin-resistance protective effects. Unsaturated fats are more vulnerable to rancidity.



Monounsaturated fats are found in healthy cooking oils like vegetable, olive or canola, avocados, and seeds and seeds.

Polyunsaturated fats are found in nuts, seeds, fish and leafy greens. These are the Omega-3 and Omega-6 fats.