



American Heart Association.
Healthy for Good™

THE FACTS ON FAT

The American Heart Association recommends replacing “bad” (saturated) fats with “good” (unsaturated) fats as part of a healthy eating pattern.

LOVE IT

POLYUNSATURATED and MONOUNSATURATED



- Lowers rates of cardiovascular and all-cause mortality.
- Lowers bad cholesterol & triglyceride levels.
- Provides essential fats your body needs but can't produce itself.

LIMIT IT

SATURATED



- Increases risk of cardiovascular disease.
- Raises bad cholesterol levels.

LOSE IT

TRANS FAT, HYDROGENATED OILS and TROPICAL OILS



- Increases risk of heart disease.
- Raises bad cholesterol levels.