

SATURATED FAT AND TRANS FAT

Do your heart good—cut back on saturated ("sat") fat and trans fat in the foods you eat. These fats can raise your cholesterol and clog your arteries.

Foods that are high in sat fat and trans fat include:

- Fatty meats
- Full-fat dairy products
- Coconut and palm oils
- Deep-fried foods
- Store-bought baked foods (cookies, cakes)
- Fried snacks (doughnuts, chips)
- Solid white shortening
- Stick margarines



Choose these foods instead:

- Lean meats
- Low-fat or fat-free milk, cheese, and frozen desserts
- Margarine in a tub
- Canola oil or olive oil for cooking
- Fruit for snacks

