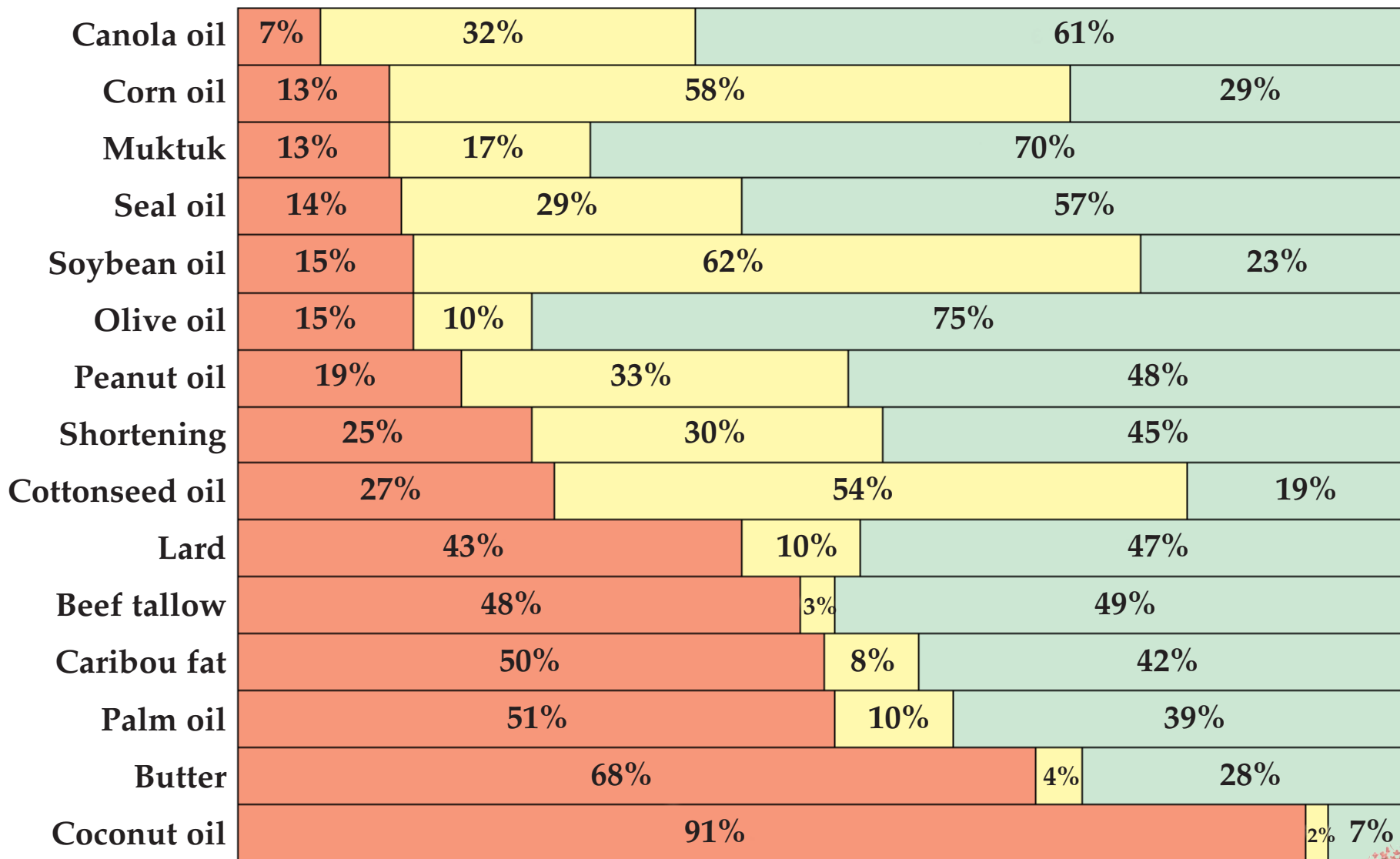


# Comparison of Dietary Fats



■ Saturated Fat

■ Polyunsaturated Fat

■ Monounsaturated Fat



# Types of Fat

Fat is an important nutrient to our body. It comes from both animal and plant sources. Fat gives us energy, works as a carrier for some vitamins, and makes us feel full. Fat is high in calories so we should limit our intake to less than 30% of total calories or 45-65 grams a day. And remember, too much fat in the diet can increase your body fat and blood cholesterol levels, and increase your risk for certain types of cancer, diabetes, and heart disease. Some fats are healthier for you than others, and they can be classified as:

## Saturated Fats

Saturated fats are solid at room temperature. These fats are the least healthy for you. They can clog your arteries and raise blood cholesterol. They are mainly found in animal products like eggs, meat, poultry, lard, and dairy products. Some plants such as coconut, palm, and cocoa have saturated fats too. Limit these fats to less than 20 grams a day.

## Unsaturated Fats

Unsaturated fats are liquid at room temperature. These fats are healthier for your arteries and they do not raise blood cholesterol. We should include more of these fats in our diet, especially the monounsaturated types.

### Monounsaturated Fats

Good sources are olive oil, canola oil, peanut oil, peanuts, pecans, almonds, avocados, and muktuk.

### Polyunsaturated Fats

Good sources are corn oil, soybean oil, safflower oil, flaxseed, walnuts, and cottonseed oil.

**Southcentral Foundation Health Education**  
**Anchorage Native Primary Care Center, 4320 Diplomacy Drive, Anchorage, Alaska 99508**  
**(907) 729-2689**  
**[www.scfhealthinfo.com](http://www.scfhealthinfo.com)**



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

**Southcentral  
Foundation**

