



**GOOD FATS  
VS.  
BAD FATS  
GUIDE**

# WHY FAT QUALITY MATTERS

Fats are essential for energy, hormone production, brain health, and absorption of fat-soluble vitamins (A, D, E, K). However, not all fats are created equal. Choosing good fats supports heart health and reduces inflammation, while bad fats can increase risks for heart disease, insulin resistance, and inflammation.

## TYPES OF FATS AND THEIR EFFECTS

Fat Type	Sources (Examples)	Effect on Health	Notes
<b>Good Fats (Unsaturated Fats)</b>			
Monounsaturated fats (MUFAs)	Olive oil, avocados, nuts (almonds, cashews), peanut butter	↓ LDL cholesterol, ↑ HDL cholesterol, anti-inflammatory	Supports heart & brain health
Polyunsaturated fats (PUFAs)	Fatty fish (salmon, mackerel), flaxseeds, chia seeds, walnuts	Essential fats, anti-inflammatory	Includes Omega-3 and Omega-6 fatty acids
Omega-3 Fatty Acids	Fish oil, flaxseeds, chia seeds, walnuts	Anti-inflammatory, supports brain, heart, and joint health	Especially EPA and DHA are critical
<b>Bad Fats (Saturated and Trans Fats)</b>			
Saturated fats	Fatty cuts of meat, butter, cheese, coconut oil	↑ LDL cholesterol (in excess), can increase heart disease risk	Moderate intake may be okay, but limit excess
Trans fats (industrial)	Margarine, partially hydrogenated oils, fried fast foods, baked goods	↑ LDL cholesterol, ↓ HDL cholesterol, highly inflammatory	Strongly linked to heart disease and inflammation

## WHY CHOOSE GOOD FATS?

- **Good fats** help lower bad cholesterol (LDL) and raise good cholesterol (HDL).
- They reduce inflammation linked to chronic diseases like diabetes, heart disease, and arthritis.
- Help maintain healthy cell membranes and brain function.
- Support satiety and weight management by keeping you fuller longer.

## HOW MUCH FAT DO YOU NEED?

- Fat should make up about **20-35% of your daily calories** (based on a 2,000-calorie diet, that's about 44-78 grams/day).
- Prioritize **unsaturated fats** while limiting saturated fat to less than 10% of daily calories.
- **Avoid trans fats completely.**

## SAMPLE DAILY FAT INTAKE (APPROX. 70 GRAMS TOTAL WITH FOCUS ON GOOD FATS)

Food Item	Amount	Fat Content (g)	Type of Fat
Olive oil	2 tbsp	28	Monounsaturated
Avocado	1/2 medium	15	Monounsaturated
Walnuts	1 oz (14 halves)	18	Polyunsaturated (Omega-3)
Chia seeds	1 tbsp	4.5	Polyunsaturated
Butter	1 tsp	4.7	Saturated (limit intake)
<b>Total</b>		<b>~70</b>	Mostly good fats, minimal saturated

## TIPS FOR HEALTHY FAT CHOICES

- Cook with olive oil or avocado oil instead of butter or margarine.
- Include fatty fish or plant-based Omega-3s (like flax or chia seeds) regularly.
- Snack on nuts and seeds for a heart-healthy boost.
- Avoid processed foods containing hydrogenated or partially hydrogenated oils.
- Limit intake of red meat and full-fat dairy, choosing leaner or plant-based alternatives when possible.

