

MUFA Sources

Mono Unsaturated Fatty Acids

Try Eating a MUFA With Every Meal

- ✓ Vegetable oils: olive oil, canola oil, and peanut oil
- ✓ Nuts: almonds, cashews, peanuts, pecans, and pistachios
- ✓ Avocado
- ✓ Peanut butter and almond butter
- ✓ Dark chocolate

Cut Back On Saturated Fats

This bad fat should be strictly limited. Saturated fats are a major component of storage fat - the fat around your stomach, butt and thighs.

Cut back on: butter, processed meat products - sausages, meat pies, cookies, cakes, cream, full-fat cheese, whole milk, burgers and fries

Strictly Avoid Trans Fats

Trans fats are formed in a process called hydrogenation, which converts an unsaturated liquid fat into a solid one. This lengthens the shelf life, so it's ideal for restaurants and food manufacturers. However, the body treats hydrogenated fat like saturated fat, which is known to clog arteries, raise your cholesterol, and increase your risk of heart disease and other conditions. Trans fat not only raises your LDL (bad) cholesterol, but it actually lowers to HDL cholesterol as well

Read the nutrition labels to see how much trans fat is in a product. Since January 2006, manufacturers have been required to list trans fat content on their labels. Look for the phrases "partially hydrogenated," "hydrogenated vegetable oil," or "shortening" on nutritional labels, since they are dead giveaways products contain some trans fat. Cut back on fried, processed, and commercial foods