

THREE TYPES OF FATS

MONOUNSATURATED & POLYUNSATURATED FATS
 The type of fat you should eat. Lowers bad cholesterol and lowers the risk of heart disease and stroke.



SOURCES

SATURATED FATS
 Healthy sources provide a pure, concentrated source of energy. They act as transporters for essential fat-soluble vitamins A, D, E and K.



SOURCES

HYDROGENATED OILS & TRANS FATS
 Raise cholesterol levels. Increase the risk of heart disease and stroke.



SOURCES

