The Facts on Fat

Unsaturated fats (healthy)

These fats are the healthiest fats to eat. They can help lower your cholesterol, reduce your risk of heart disease, and improve heart health. They are liquid at room temperature.

Foods* that have healthy fats

- Oils (olive, corn, and avocado)
- Nuts and nut butters
- Avocado
- Eggs and egg whites
- Meats (chicken, turkey, and lean beef)
- Seafood (salmon, white fish, tuna, tilapia, and shrimp)

* The majority of these food examples may contain a small amount of unsaturated fats.

Saturated fats (unhealthy)

These fats can clog arteries and increase risk of cardiovascular disease. Saturated fats are solid at room temperature, and usually come from dairy products and certain kinds of meat. It is recommended to eat small amounts of these fats, look for low-fat or lean foods.

Foods that have unhealthy fats

- Meats (fatty beef, pork, lamb)
- Processed meats (bacon, sausage, and chrorizo)
- Butter, lard, and ghee
- Dairy (whole milk, 2% milk, cheese, and full-fat yogurt)

Trans fats (processed fats)

Trans fats can increase your LDL (low density lipoprotein) cholesterol. It is recommended to avoid trans fats in your diet.

Foods that have trans fats

- Margarine
- Shortening
- Baked goods* (cakes, cookies)
- Processed sweets*
- Fried foods
- Chips

* Review the ingredients list on its packaging. If you see partially hydrogenated vegetable oil on the list, this is trans fats.

Triglycerides

These are the type of fats that live in our bodies as fat cells. When you consume more calories than your body needs, the excess is converted into triglycerides and stored in fat cells. The most common source is from eating foods high in fats and simple carbohydrates.

Foods that convert into triglycerides

- Sweets and desserts
- Beverages that contain sugar
- Fried foods
- Alcohol
- High-carbohydrate foods
- Excess oil

CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT

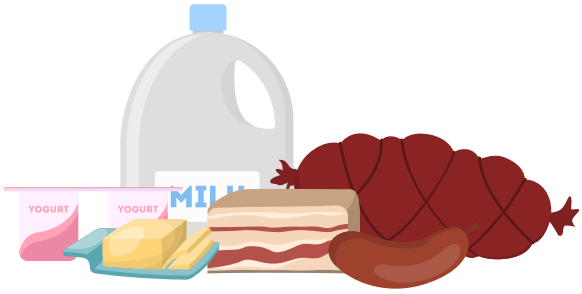
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Understanding your tests results

When doctors order labs, these are the tests that measure your overall health. The items that are commonly reviewed are the **cholesterol** and **triglycerides** levels in your blood.

Cholesterol is a waxy, fat-like substance naturally found in the body and food. It is used to make hormones, vitamins, and build cells.

If the test results show a high level of cholesterol in your blood, this can damage arteries, creating a build-up on the artery walls, leading to a potential heart disease, heart attack, and/or stroke.

Factors that can raise cholesterol levels

- Diets high in unsaturated (animal) fats
- Diets low in fiber
- Exposure to tobacco
- Low physical activity
- Obesity and/or overweight
- Excessive consumption of whole eggs

It is recommended to eat less than 300 mg of cholesterol a day.

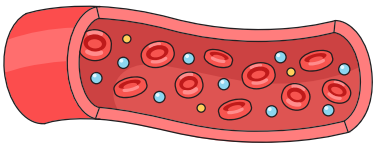
How cholesterol levels can affect your health

Heart protecting

High density lipoproteins (HDL)

HDL helps clear and clean your arteries. It protects your heart leading to a good cardiovascular health.

This helps carry cholesterol to the liver to be recycled.

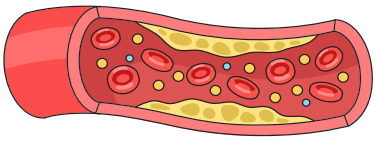


Normal artery

Not heart protecting

Low density lipoproteins (LDL) / very low density lipoprotein (VLDL)

LDL/VLDL contribute to the buildup of plaque, a thick hard deposit that will eventually clog your arteries, leading to an unhealthy heart.



Cholesterol blocked artery

Triglycerides are a type of fat found in your body, it is important to monitor these levels to maintain good cardiovascular health.