Fat is vital for health. The body needs it for energy and to help absorb vitamins. They are also a source of essential fatty acids, which the body cannot make. Eating a small amount is good for you, while too much can increase the risk of heart disease.

Heart-Healthy Fats

Unsaturated Fats

Found in oils from plants and fish. If eaten **in moderation**, these fats can lower blood cholesterol levels.
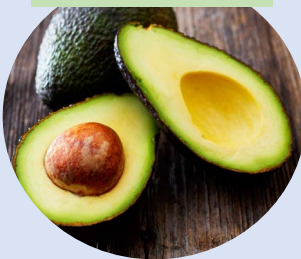
Monounsaturated Fats 👍

They contain **Vitamin E**, an antioxidant that helps cell development & maintenance.

Foods Rich in Monounsaturated Fats:

Avocados

Peanuts, almonds, hazelnuts & pecans

Pumpkin & sesame seeds

Olive, peanut & canola oils

Polyunsaturated Fats 👍

The two main types are: **Omega-3 and Omega-6**. The body cannot produce these essential nutrients on its own so we must get it from our diet.

Foods Rich in Omega-3:

Omega-3 fats help maintain a healthy immune system, build brain cells & slow down the buildup of fat in the arteries.

Recommended to eat 2-3 times/week

Oily Fish: Salmon, Mackerel, Tuna & Sardines

Canola Oil   **Walnuts**   **Chia Seeds**

Foods Rich in Omega-6:

Omega-6 fats are necessary for brain function, bone and reproductive health, & skin and hair growth.

Sunflower & Corn Oils   **Sunflower Seeds**

Omega-3 to Omega-6 Ratio

Most people consume more omega-6 fats than omega-3 fats. Having lots of omega-6 with too little omega-3 may promote inflammation.

To improve the ratio, it is recommended to include more omega-3 fats in one's diet.