

Types of Fat

Unsaturated Fats
 (choose more often)
 Typically liquid at room temperature

Monounsaturated

Olive/Olive Oil	Avocados/Avocado oil
Canola Oil	Nuts and oil from nuts
Peanuts/Peanut oil/Peanut butter	

Polyunsaturated

Safflower oil	Sesame oil
Soybean oil	Fish/Fish oil
Corn oil	Walnut/Walnut oil
Sunflower oil	Seeds

Saturated Fats
 (choose less often)
 Typically solid at room temperature

Meat	Coconut oil
Cheese/Cream cheese	Palm/Palm kernel oil
Egg yolk	Butter
Whole and 2% Milk	Organ meats
Ice Cream	Bacon
Cream/Sour cream	Poultry with skin

Trans Fat

Hydrogenated vegetable oil
 Stick margarine