

Uri ng Taba

Unsaturated Fats

(piliin nang mas madalas) Karaniwang nasa likido na anyo sa tamang temperatura

Monosaturated

Olives/Olive oil
Canola oil
Mani/Peanut oil/Peanut butter

Abukado/Langis mula sa Abukado
Nuts at langis mula sa nuts

Polyunsaturated

Safflower oil
Soybean oil
Corn oil
Sunflower oil

Sesame oil
Fish/Fish oil
Walnut/Walnut oil
Seeds

Saturated Fats

(bawasan ang pagpili nito)
Karaniwang solid sa temperature ng silid

Karne
Keso/Cream cheese
Pula ng itlog
Whole at 2% na gatas
Ice Cream
Cream/Sour cream

Coconut oil
Palm/Palm kernel oil
Mantekilya
Lamang loob na karne
Bacon
Poultry na may balat

Trans Fat

Hydrogenated vegetable oil
Stick margarine