

# /FOUR WAYS TO GET GOOD FATS/

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.



## /GO FISH

Eat at least **two 3.5- to 4-ounce servings** of nonfried fish each week. Choose fatty, or oily, fish, such as albacore tuna, herring, lake trout, mackerel, sardines and salmon, to get essential omega-3 fatty acids.

## /BE NUTTY

Munch on a **small handful (about 1 ounce)** of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pecans, pistachios, walnuts, pumpkin seeds, sunflower seeds, chia seeds and flaxseeds.



## /ADD AVOCADO

Snack, cook and bake with **avocado** to add healthy fats, fiber and essential vitamins and minerals to your eating plan.

## /CHECK THE OILS

Use **nontropical vegetable oils** that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower.



**Eat Smart   Move More   Be Well**

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