

Some fats are actually Heart Healthy Fats

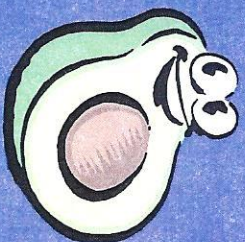
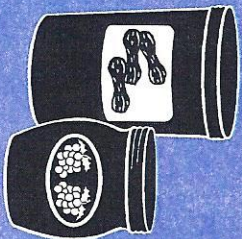
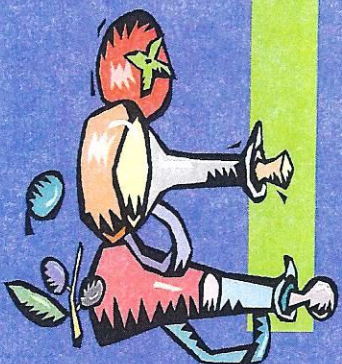
❖ Canola and olive oil

❖ Peanut Butter

❖ Nuts

❖ Avocados

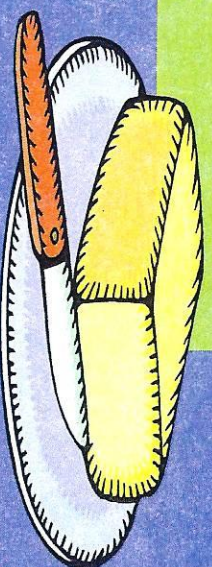
❖ Fats in some fish – albacore tuna, salmon



But be careful. Fats make us fatter!

Unhealthy Fats

- ❖ Butter or stick margarine



- ❖ Lard or Crisco



- ❖ Whole Milk



- ❖ Cream

- ❖ Fatty meat or chicken skin

