

Time For An Oil Change?

The fats we eat can affect our cholesterol levels.
Not all fats are created equal.

Heart Healthy Fats Best Choices

Monounsaturated Fats

↓ LDL ↑ HDL

- Olive oil
- Canola oil
- Peanut oil
- Avocado
- Safflower oil
- Natural peanut butter, peanuts
- Non-hydrogenated, soft (tub) margarine
- Almonds, pecans, hazelnuts

Omega-6 Fats

↓ LDL ↓ HDL

- Soybean oil
- Sunflower oil
- Corn oil
- Sesame oil
- Grape seed oil
- Walnuts
- Hemp seed

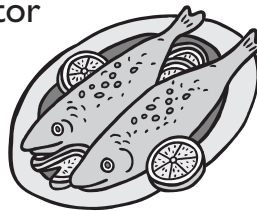


Omega-3 Fats (DHA+EPA)

↓ Triglycerides ↑ HDL

Choose fish at least twice a week

- Fish such as:
 - salmon
 - trout
 - herring
 - sardines
 - sole
 - halibut
 - tuna
- Algal oil
- Fish oil—discuss with your doctor



Other Omega-3 Fats (ALA)

- Ground flax seed
- Flax oil
- Walnuts
- Canola oil
- Soybean oil
- Chia seed

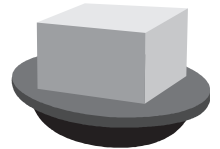
LDL is “Lousy” cholesterol
HDL is “Healthy” cholesterol

Cholesterol Raising Fats

Saturated Fats

↑ LDL

- Coconut oil
- Palm oil, palm kernel oil
- Animal Fat
 - bacon, sausage, fatty meats
 - Lard
 - Butter
 - Cheese
 - Full fat dairy products
- Chocolate



Trans Fats

↑ LDL ↓ HDL

- Hard margarine
- Shortening
- Foods made with partially hydrogenated vegetable shortening
 - prepared frosting
 - coffee whitener
 - non-dairy whipped toppings
 - some baked goods
 - some fried fast foods
 - some breaded foods

Weight Loss & Physical Activity

↓ LDL ↑ HDL ↓ Triglycerides
↓ Waist Circumference



Interior Health

Add Fibre to Your Fuel

Fibre is a type of carbohydrate found in plant foods that your body cannot fully digest. There are 2 types of fibre, **soluble** and **insoluble**. Both are good for your health. Adults need 21–38 grams of fibre daily. If you have diabetes you need up to 50 grams daily.



Soluble Fibre

↓ LDL (bad cholesterol)
Slows rise in blood sugar after eating

- Beans, peas, lentils
- Oatmeal and Oat bran
- Barley, Flax seeds (ground)
- Psyllium
 - Bran Buds with psyllium
 - Metamucil
- Vegetables
- Fruits
- Tofu



Insoluble Fibre

Prevents constipation
May help prevent bowel disease

- Wheat bran
- Whole grain breads, cereals and pastas
- Flax seeds
- Vegetables
- Skins of fruits
- Brown or wild rice
- Quinoa

Tips

- Increase fibre gradually and drink at least 6–8 cups of fluid daily



- Read labels and choose foods with more than **4 grams** fibre per serving
- Enjoy at least 7 servings of fruits and vegetables a day
- Enjoy legumes in salads, soups and as meat alternatives
- Enjoy at least 3–4 servings of whole grain products daily
- Add a high fibre cereal to your regular cereal
- Eat fruit instead of drinking juice
- Sprinkle nuts & seeds on salads, cereal and yogurt
- Gas decreases if you eat legumes regularly. Beano[®] can help.