






	Type of Fat	Food Sources	Recommended percent of total fat	Effect on 
	Monounsaturated	#1 choice OLIVE OIL Canola Oil	Up to 20%	Linked to lower risk of heart disease
	Polyunsaturated	Liquid vegetable oils, fish oils	Up to 10%	Linked to lower risk of heart disease
	Saturated	Animal foods, coconut oil, palm oil	Less than 7%	Linked to increased risk of heart disease
	"Trans"	Shortening, Margarine, Crackers, Cookies	Less than 3%	Linked to increased risk of heart disease