

Which Fats and Oils Should You Use?

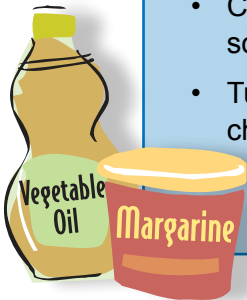
When you use fats and oils, choose those low in saturated fat.
This will help keep you heart healthy.

Low Saturated Fat



Use More Often:

- Canola, corn, olive, safflower, soybean, and sunflower oils
- Tub margarine (light is a better choice)

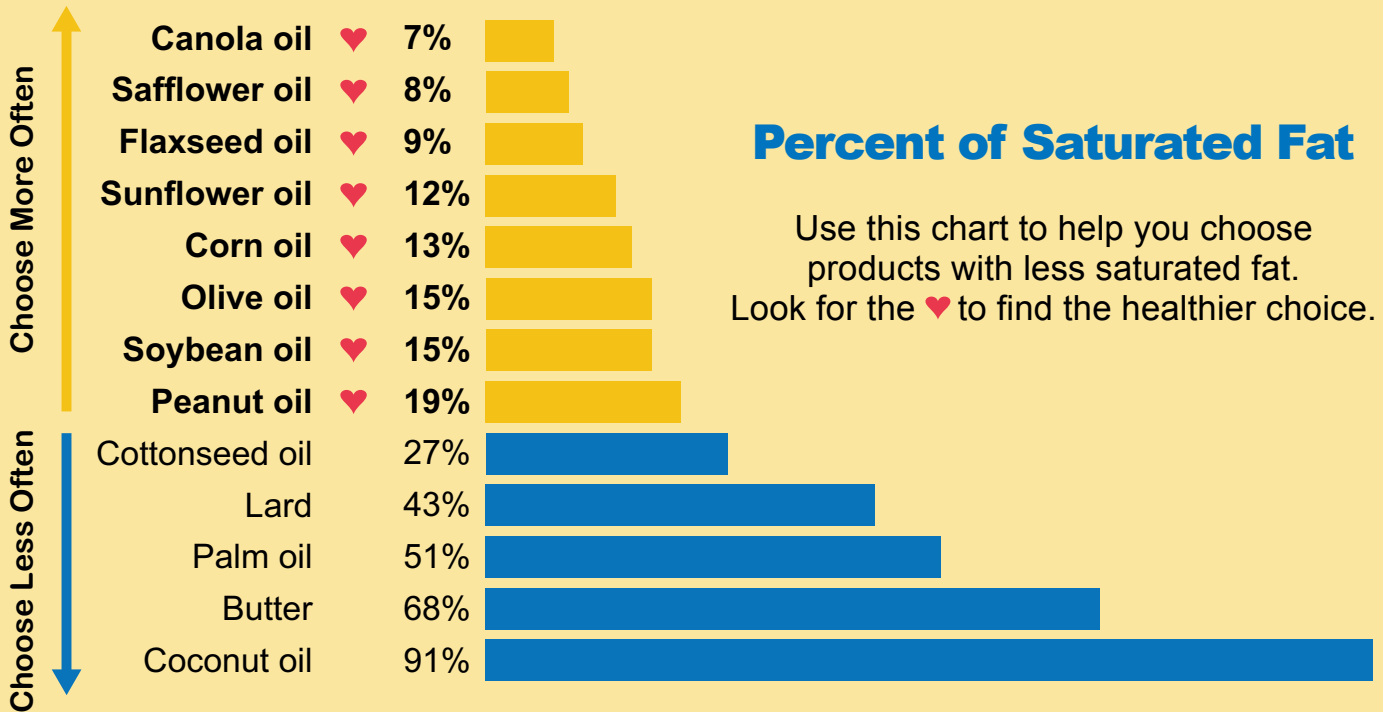


High Saturated Fat



Use Less Often:

- Butter
- Solid shortening
- Lard
- Fatback
- Stick margarine
- Bacon grease



Source: Adapted from Canola Council of Canada, "Canola Oil. Good for Every Body." (www.canolacouncil.org/media/508030/canola_oil._good_for_every_body.pdf). January 17, 2012.



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