

Healthier Fats and Oils

Choosing fats and oils with less saturated fat leads to a healthier heart. Eating less saturated fat can help prevent heart disease.



Choose **MORE** often

Foods lower in saturated fat

- Canola oil
- Safflower oil
- Sunflower oil
- Corn oil
- Olive oil
- Sesame oil
- Peanut oil
- Soft tub margarine
(Light is a better choice)



Choose **LESS** often

Foods higher in saturated fat

- Coconut oil
- Butter
- Beef fat
- Palm oil
- Pork fat (lard)
- Chicken fat
- Solid shortening
- Cottonseed oil
- Fatback
- Bacon grease

For more heart-healthy cooking tips and recipes, visit [healthyeating.nhlbi.nih.gov](https://www.healthyeating.nhlbi.nih.gov).