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](http://healthyeating.nhlbi.nih.gov).