

Fats: Types and Tips

Fat helps to provide your body with energy, absorb nutrients and vitamins, produce hormones, and protect organs.

The main source of fat in the Mediterranean Diet is **unsaturated fats** because they help protect the health of your heart, eyes, and brain.



Unsaturated Fats

eat more of these

Food Sources

Plant Oils

- Olive Oil
- Canola Oil
- Avocado Oil
- Sesame Oil
- Flaxseed Oil

Fish

- Salmon
- Tuna
- Shrimp
- Anchovy
- Avocado

Nuts & Seeds

- Almonds
- Cashews
- Walnuts
- Pecans
- Sunflower Seeds
- Flax seeds
- Sesame seeds

Saturated Fats

eat less of these

Food Sources

Plant Oils

- Palm Oil
- Coconut Oil

Dairy

- Cheese
- Milk

Animal Fats

- Beef
- Pork
- Chicken
- Butter
- Lard

Trans Fats

avoid eating these

Food Sources

- Margarine
- Shortening

Some processed foods:

- Pastries
- Baked goods
- Fried foods

Ways to make small changes to your diet

For dairy, swap low-fat options for full-fat products like low-fat cottage cheese or yogurt.

When cooking (or eating out), focus on baked, roasted, and steamed foods rather than fried.

Make your own popcorn and toss with olive or canola oil and seasonings.

For salads, swap out the croutons for nuts/seeds and make your own vinaigrette.

