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.