



Fats



Fats are nutrients that make cells, protect the body's organs, and help absorb vitamins **A, D, E** and **K**.

Fats come in many forms and some are healthier than others.



➔ **Monounsaturated and polyunsaturated.....** are fats and oils that help **↓** the “**bad**” fat (LDL) in the blood and **↑** the “**good**” fat (HDL).
You can find “good” fats in nuts, plants and fish.

➔ **Saturated and trans fats.....**are solid fats that **↑** the “**bad**” fat (LDL) and **↓** the “**good**” fat (HDL) levels.



Trans fats are found in butter, whole milk, beef, and pork. They also are found in hydrogenated vegetable oils like shortening and margarine used in pre-cooked foods (fried foods, cakes and crackers).



Tulare County
Office of Education
Jim Volac, County Superintendent of Schools

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.