



## Know Your Fats

*There are several types of fats found in food and there is a lot of confusion around what fats you should consume. Fat is necessary for cellular repair and hormone function so having it in your diet is essential. It is how much you consume that is important.*

### Monosaturated fats

- Liquid at room temperature
- Solid when stored in the refrigerator
- Examples include olive oil, canola oil, sesame seeds

### Polysaturated

- Liquid at room temperature
- Liquid in the refrigerator
- Examples include vegetable oils like sunflower, corn, flaxseed, safflower and fish oil

### Saturated

- Solid at room temperature
- Found in dairy and meat products as well as some plants and tropical oils
- Examples include coconut oil, butter and whole milk

### Trans Fat

- Has a long shelf life
- Polyunsaturated fat that has been altered through a process called hydrogenation
- Examples include fried foods, most bakery and margarine

### Omega 3 Fatty Acids

- Proven to decrease the risk of developing coronary artery disease
- Reduces inflammation
- May lower blood pressure
- May lower triglycerides
- May reduce blood clotting

**For assistance providing nutrition information for your employees, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5018 or [Sharon.Rateike@forthc.com](mailto:Sharon.Rateike@forthc.com).**

