

A Guide to Fats in Food

Fats play a crucial role in a healthy diet, even for those with diabetes. Understanding the different types of fats and their impact on blood sugar control is essential for making informed dietary choices.

The Good, the Bad, and the Ugly Fats

- **Saturated Fats:** These fats, primarily found in animal products like meat, butter, and full-fat dairy, can raise LDL (“bad”) cholesterol levels. Limiting saturated fat intake is crucial for heart health and diabetes management.
- **Trans Fats:** These artificial fats are created through a process called hydrogenation and are found in processed foods like margarine, baked goods, and fried foods. Trans fats significantly raise LDL cholesterol and should be avoided entirely.
- **Monounsaturated Fats:** These healthy fats can help lower LDL cholesterol and reduce the risk of heart disease.
 - **Food Sources:** Olive oil, avocados, nuts (almonds, pecans, cashews), and seeds (chia, flax, pumpkin)
- **Polyunsaturated Fats:** These fats can also help lower LDL cholesterol and reduce the risk of heart disease.
 - **Food Sources:** Fatty fish (salmon, mackerel, tuna), flaxseed, chia seeds, walnuts, and plant-based oils (soybean, corn, sunflower)



Tips for Incorporating Healthy Fats Into Your Diet

- **Choose Lean Protein Sources:** Opt for lean cuts of meat, poultry, and fish.
- **Cook with Healthy Oils:** Use olive oil, avocado oil, or canola oil for cooking and dressing.
- **Snack Smart:** Choose nuts, seeds, and avocados as healthy snacks.
- **Read Food Labels:** Pay attention to the types of fats listed on food labels.
- **Consult a Healthcare Professional:** Work with a registered dietitian to create a personalized meal plan that meets your specific dietary needs and goals.

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