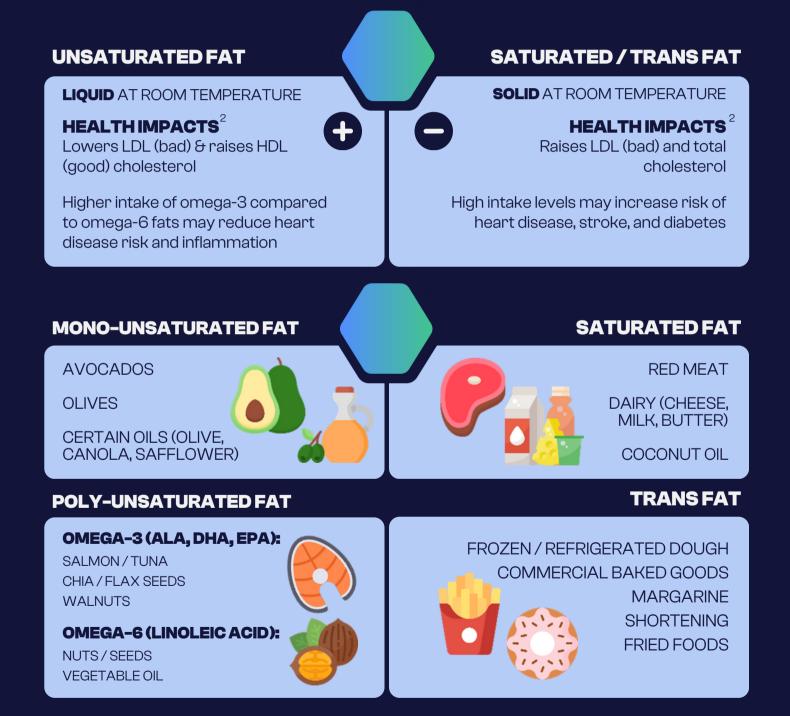


## **Different Types of Dietary Fat**

Current dietary guidelines recommend reducing saturated and trans fat intake, replacing them with unsaturated fats in the diet.<sup>1</sup> This guide describes the differences between types of dietary fats, including health impacts and sources of each.<sup>2</sup>



## **References:**

 U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans. 2020-2025. 9th Edition. 2020. Available at: <u>DietaryGuidelines.gov.</u>
A.D.A.M. Medical Encyclopedia. Dietary Fats Explained. Medline Plus. Jul 30, 2022. Accessed Oct 21, 2024. <u>https://medlineplus.gov/ency/patientinstructions/000104.htm</u>

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