

Different Types of Dietary Fat

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

UNSATURATED FAT

LIQUID AT ROOM TEMPERATURE

HEALTH IMPACTS²

Lowers LDL (bad) & raises HDL (good) cholesterol

Higher intake of omega-3 compared to omega-6 fats may reduce heart disease risk and inflammation



SATURATED / TRANS FAT

SOLID AT ROOM TEMPERATURE

HEALTH IMPACTS²

Raises LDL (bad) and total cholesterol

High intake levels may increase risk of heart disease, stroke, and diabetes



MONO-UNSATURATED FAT

AVOCADOS

OLIVES

CERTAIN OILS (OLIVE, CANOLA, SAFFLOWER)



SATURATED FAT

RED MEAT

DAIRY (CHEESE, MILK, BUTTER)

COCONUT OIL



POLY-UNSATURATED FAT

OMEGA-3 (ALA, DHA, EPA):

SALMON / TUNA
CHIA / FLAX SEEDS
WALNUTS

OMEGA-6 (LINOLEIC ACID):

NUTS / SEEDS
VEGETABLE OIL



TRANS FAT

FROZEN / REFRIGERATED DOUGH
COMMERCIAL BAKED GOODS

MARGARINE
SHORTENING
FRIED FOODS



References:

1. 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: DietaryGuidelines.gov.
2. A.D.A.M. Medical Encyclopedia. Dietary Fats Explained. Medline Plus. Jul 30, 2022. Accessed Oct 21, 2024. <https://medlineplus.gov/ency/patientinstructions/000104.htm>

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