

# How Different Fats **Affect** Your Cholesterol

KEY: ↘ LOWERS      ↗ RAISES      → MAINTAINS      ● POSITIVE      ● NEGATIVE

	<b>POLY-UNSATURATED FATS</b> Nut and seed oils, some seafood, fatty fish	<b>MONO-UNSATURATED FATS</b> Vegetable oils, beef, chicken meat	<b>SATURATED FATS</b> Dairy products, red meat, coconut oil	<b>TRANS FATS</b> Margarine, commercially baked goods, deep-fried foods
Effect on <b>LDL</b> ("bad" cholesterol)	↘ ●	↘ ●	↗ ●	↗ ●
Effect on <b>HDL</b> ("good" cholesterol)	↗ ●	→ ●	↗ ●	↘ ●
Effect on <b>TRIGLYCERIDES</b>	↘ ●	↘ ●	↗ ●	↗ ●

# Fat And Cholesterol Are Good For You

**IM Harris**



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