

How Different Fats **Affect** Your Cholesterol

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

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

Fat And Cholesterol Are Good For You

Jicheng Xie



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