

# Healthy **Fats** for a Healthy **Heart**



Lower your risk of heart disease by  
choosing unsaturated fats!

## Type of healthy fat

## Food source

♥ Monounsaturated fat

Olive oil, peanut oil, canola oil  
avocados, nuts and seeds

♥ Polyunsaturated fat

Vegetable oils, nuts and seeds

♥ Omega-3 fatty acids

Fatty, cold-water fish (such as  
salmon and herring)

