

Fats

Not all fat is the same! While some fats can harm your body, and increase your risk for certain diseases such as heart disease and certain types of cancers, good fats work to protect your brain and your heart. Understanding which fats are better for you than others can be difficult! Here are some things to keep in mind when making your next meal.

Rather than following a low fat diet, following a diet that has a lot of “good” fats can be more beneficial for you. There are four main types of fat: Monounsaturated, polyunsaturated, saturated, and trans fats. Polyunsaturated fats can be further broken down into omega-3 and omega-6 fats. Of these different types of fats, we suggest you eat more of the monounsaturated and polyunsaturated fats, specifically the omega-3 fats. Omega-3 fats can help with heart health and they are good for your eyes too! You can find omega-3 fats in fish such as salmon, tuna, and sardines, as well as from plants and nut oils. We suggest you eat about 2 servings of fish per week so you can get all of the benefits from those healthy fats.

Monounsaturated fats are also healthy for your heart and they can help lower your “bad” cholesterol and maintain your “good” cholesterol. Some foods that have these healthy fats are, avocados, walnuts, and olive oil. Try to eat these foods more often in your diet!

Adding some of these foods into your diet can be really good for your body and help to keep your heart strong! You can even get creative with some of these healthy foods a well. Check out this fun and tasty recipe below:

Chocolate Avocado Mousse

Ingredients:

- 2 ripe avocados
- ½ cocoa powder
- ¼ cup of milk (1% or skim)
- 1 tsp vanilla extract
- 4 tsp sweetener of choice (try honey!)

Directions:

- Combine all ingredients in blender
- Blend until completely smooth
- Enjoy!