Busting the Myths about Fats

Monounsaturated Fat
Dark, flavorful oils from plant products.

**myth:** all fats are the same

**BUSTED:** Most consider monounsaturated fatty acids (MUFA) the healthiest type of fat. Research shows that a high MUFA diet (35-40% of calories from mostly MUFA) can lower the risk of heart disease.

**myth:** all fats are bad for you

**BUSTED:** Enjoy foods like nuts, olives, avocados and peanut butter because a high-mono, heart-healthy diet may achieve better results than a low-fat diet.

**myth:** fats raise cholesterol levels

**BUSTED:** Monounsaturated fatty acids lower bad cholesterol, lower triglycerides (circulating fat in the blood) and maintain good cholesterol.

**myth:** all cooking oil is the same

**BUSTED:** MUFA such as olive, canola, sesame and peanut oils are the best choice for cooking. They have a high smoke point which helps them stand up to high heat without burning.

Monounsaturated fats originated mostly in the Mediterranean and trace back to ancient times.
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Polyunsaturated Fat
Light oils from plant products and fish: the not-so-bad guys

**myth:** all fats raise cholesterol levels

**BUSTED:** Polyunsaturated fatty acid (PUFA) lowers cholesterol levels — both good (HDL) and bad (LDL). Low HDL levels weaken your immune system making you susceptible to infections and at risk for certain cancers.

**myth:** you should cut all fat from your diet

**BUSTED:** Foods with Omega-3s are essential to health and may decrease risk of heart disease and protect against high blood pressure. Choose PUFA foods more often than PUFA oils.

**myth:** all fats are created equal

**BUSTED:** PUFAAs in the form of Omega-3 fatty acids found in salmon, sardines, mackerel, canola oil, walnuts and flax help counter the negative inflammatory effects of Omega-6s.

**myth:** all oils are the same

**BUSTED:** PUFA oils such as corn, soybean, cottonseed, sunflower and safflower seed are relatively new food products and contain Omega-6 fatty acids that may promote harmful cell inflammation.

Polyunsaturated fats as oils have only been around for the last one hundred years or so.