



Try These Suggestions for Heart Healthy Fats

- Use olive oil instead of butter, whenever possible.
- Try olive oil in salad dressings.
- Use canola oil when cooking or baking.
- Use egg substitutes when possible instead of whole eggs.
- Try avocados slices on a sandwich instead of cheese or mayonnaise. Avocados also contain monounsaturated fats.
- Use lean cuts of meat and low-fat or fat-free dairy products.
- Try to use olive oil or canola oil when baking or preparing food.
- Nuts (walnuts, almonds, peanuts, pistachios) can be a healthy alternative for a snack, but watch the portion size as they are high in calories.
- In place of bacon bits, sprinkle some nuts or sunflower seeds on salads.
- Try non-hydrogenated peanut butter or other nut butters.
- Eat fatty fish (salmon, mackerel or herring) at least once or twice a week. The American Heart Association recommends eating fish twice a week.
- Limit your consumption of cookies, cakes, pies, pastries, and crackers as many contain trans-fats.



References:

USDA 2010 Dietary Guidelines at choosemyplate.gov

American Heart Association "Fats and Oils" at go.osu.edu/HealthyFats

Mayo Clinic "Dietary Fats: Know Which Types to Choose" at go.osu.edu/MayoClinicFats



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