

Heart Healthy Fats

February 1, 2023

Heart Healthy Fats Are:

Foods containing mono and poly-unsaturated fats especially foods containing omega -3 fatty acids:

Examples of monounsaturated fats:

Plant oils: Olive, Sunflower, Canola, Soy, and Peanut Oil.

Nuts and Avocados.

Omega 3 fats: Salmon, mackerel, sardines, trout, anchovies, flaxseeds, walnuts, soybean, and canola oils.

Why These Fats Are Healthy:

Heart healthy fats decrease LDL or the “bad” cholesterol.

Heart healthy fats increase HDL or the “good” cholesterol.

The primary benefit of these fats is how they decrease the risk of heart disease. Therefore, we call them *Heart Healthy Fats*.



Secondary Benefits from the Omega 3 heart healthy fats:

Improved symptoms of depression, ADHD (Attention deficit hyperactivity disorder), and Bi-Polar disorder.

Protects against memory loss and dementia.

Decreased occurrence of headaches, stroke, and cancer.

Supports a healthy pregnancy.

Eases arthritis, joint pain, and inflammatory skin conditions.

“When it comes to your weight, all fats are equally high in calories. When it comes to your heart, some fats are bad, and some are good. Choose heart healthy fats whenever you can to improve your cardiovascular health.”-Ann Marie



Roettger MS, ACSM-CE

The American Heart Association says:

Be Nutty- 4-6 servings of nuts per week.

Go Fish- 2 servings of fish per week.

Add Avocado- Add 2 servings of avocado per week.

Check the oil- Choose plant oils over coconut and palm oils.



Following a heart healthy diet has the following health benefits:

Improved Cholesterol.

Decreased Blood Pressure.

Decreased Atherosclerosis.

Prevents abnormal heart rhythms.

Replace Saturated fats and Trans fats with nutrient rich foods.

Reduce fatty cuts of meat and processed meats and cheeses.

Limit butter and stick margarine.

An overall heart healthy diet is more important than occasional indulgences.

Engage in a healthy lifestyle that involves physical activity, a variety of heart healthy foods such as: Fruits, vegetables, low fats, dairy products, and heart healthy fats.

For more information visit your Novant Health provider at the onsite employee wellness clinic.

