



# Which fats should I include in my diet?

## Unsaturated Fat

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- Fish
- Nuts
- Seeds

***Absolutely,  
in healthy  
amounts!***

## Saturated Fat

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- Beef, pork,  
chicken
- Butter
- Cheese
- Coconut oil

***Okay in small  
amounts.***

## Trans Fat

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- Processed foods
- Partially  
hydrogenated  
vegetable oil
- Deep-fried foods  
(depending on the oil)
- Margarine
- Packaged baked  
goods

***Skip it!***

And always include plenty of fruits, vegetables, and whole grains for a balanced diet!