

# THE IMPORTANCE OF FATS FOR YOUR HEALTH

## Saturated vs Unsaturated Fatty Acids



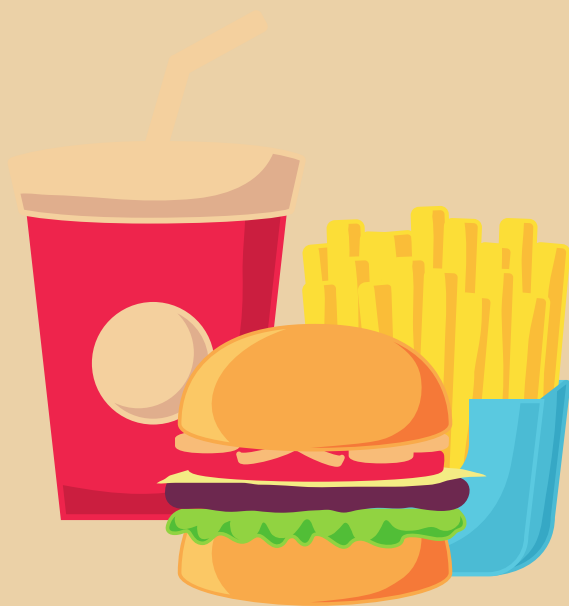
- Saturated fatty acids are found in dairy, meat, and eggs and should be consumed in moderation
- Monounsaturated and polyunsaturated fatty acids, found in nuts and vegetable oils, are considered healthy in moderation

## Omega-3 Fatty Acids



- Vital for cell stability, memory, and the immune system
- Found in oily fish and certain plant-based sources

## Trans Fats:



- Harmful to blood metabolism and increase cholesterol levels
- Found in processed foods and should be avoided

## Cooking Preparation



- Refined oils are better for cooking, cold-pressed oils for salads
- Overheating virgin oils can produce trans fats and lose vitamins

## Replacing Unhealthy Fats



- Healthy fats include unrefined linseed oil, walnuts, and coldwater fish
- Unhealthy fats include high-fat dairy, red meat, processed foods, and sugary drinks

Ratio of saturated to unsaturated fatty acids should be around 1:2  
Recommended intake is 1 gram of fat per 1 kg of body weight  
Avoid consuming excess calories from fats

