**Tip of the week – Eat that fat!**

Be smart when it comes to fat…..not all fats are equal.

“Bad” fats **(Saturated fats and trans fats)** increase cholesterol and your risk of certain diseases, while “good” fats **(Monounsaturated fats and polyunsaturated fats)** protect your heart, help lower cholesterol and support overall health.

Healthy fats play a huge role in helping you manage your moods, stay on top of your mental game, fight fatigue, and even control your weight.

**Sources of good fats to include in your diet:**

Nuts – (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews, walnuts)

Seeds – (sunflower, sesame, pumpkin, flaxseed)

Oily fish (salmon, tuna, mackerel, herring, trout, sardines)

Avocados

Olives

**Foods to avoid:**

High-fat cuts of meat (beef, lamb, pork)

Butter, lard and whole-fat dairy products (milk and cream)

Commercially-baked pastries, cookies, doughnuts, muffins, cakes etc.

Packaged snack foods (crackers, microwave popcorn, crisps)