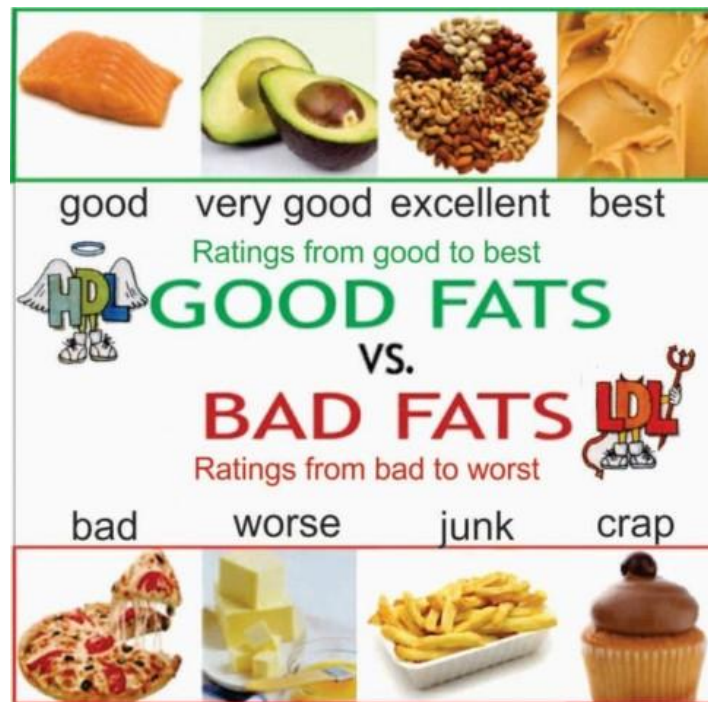


- Both of these fatty acids are needed for growth and repair but can also be used to make other fatty acids.
- The **omega-3 and omega-6** are fatty acids are both **polyunsaturated**.
- The difference is in where the first of the double bonds occurs.
- Both omega-3 (ω -3) and omega-6 (ω -6) fatty acids are important components of cell membranes.
- There is increasing support for omega-3 fatty acids in protecting against fatal heart disease and it is known that they have **anti-inflammatory effects**.
- There is also growing interest in the role of **omega-3 fatty acids in the prevention of diabetes** and certain types of cancer.
- **Monounsaturated and polyunsaturated fat are considered “heart healthy” and can help with improving cholesterol** when used in place of unhealthy fats.
- Some sources of these fats include almonds, cashews, pecans, peanuts, pine nuts, pumpkin, sesame seeds, sunflower seeds, Olive oil and olives, vegetable oils (sunflower, safflower, corn, soybean, and cottonseed).

Unhealthy Fats – Saturated Fat & Trans Fat



- The main types of “unhealthy” fats are **saturated & trans fat**.
- Saturated fats are primarily found in foods that come from **animals, such as meat & dairy**.
- Saturated fats are **unhealthy** because **they increase LDL (“bad” cholesterol) levels** in your body.
- Many saturated fats are “**solid**” fats that you can see, such as the fat in meat.
- Other sources of saturated fats include high-fat cheese, butter, Ice cream, palm & coconut oils, etc.
- **Trans fats or trans-unsaturated fatty acids** are a type of **unsaturated fats** that are **uncommon in nature**.