

FAT FACTS



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How much fat is healthy?

Health Canada recommends that adults get **20% to 35% of their total daily calories** from fat.

It's important to:

- **Choose healthy fats** more often than less healthy fats.
- **Keep added fats** (like oils, salad dressing and non-hydrogenated soft margarine) to **2 to 3 tbsp** a day.

Remember that the total amount of fat you eat comes from fat that occurs naturally in foods (such as meat and milk) as well as added fat (such as oil or margarine).

UNHEALTHY FATS

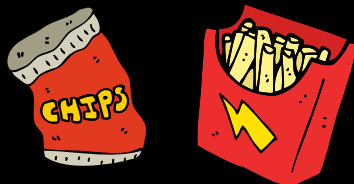
Saturated fats

Are usually **solid** at room temperature. These fats come from animals and are found in foods such as meat, poultry, butter and cheese. They are also found in tropical oils like coconut, palm and palm kernel oils.



Trans fat

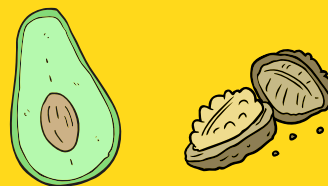
Are found in foods that are made with or cooked in partially hydrogenated fat. Some crackers, potato chips, store-bought baked goods, deep-fried fast foods and margarines contain trans fats.



HEALTHY FATS

Unsaturated fats

Are usually **liquid** at room temperature. They are found in avocados, nuts, seeds, non-hydrogenated soft margarine, oils like olive oil, corn oil, canola oil and sunflower oil, and in salad dressings that contain these oils.



Omega-3 fat

Is a type of essential unsaturated fat and is found in oily fish such as salmon, herring and mackerel, fortified eggs, flax and walnuts. Omega-3 fats are important for a healthy heart and for brain and eye development.

