Embrace Healthy Fats
Monounsaturated fats and polyunsaturated fats are essential fats that promote good health. Saturated fats and trans fats should be limited in the diet.

Heart Healthy Foods
Certain fatty fish, like salmon, contain omega-3 fatty acids (DHA and EPA), which reduce your risk of coronary heart disease. Plant based foods/oils like olive oil and nuts contain monounsaturated and polyunsaturated fats, which can reduce risk of type 2 diabetes and reduce blood cholesterol levels. Avocados contain oleic acid, which has beneficial effects against cancer. Walnuts are particularly heart healthy nuts because they contain an omega-3 fatty acid called alpha linolenic acid (ALA), which helps the heart maintain normal rhythm and reduces blood clots.

Did you know?
Heart disease is the leading cause of death for both men and women!

Resources on how to keep your heart healthy through diet:
• Cafe Bon Appetit Dietary Fat Information
• Healthy Vending on Campus
• Faculty Staff Assistance Program (FSAP) All About Health: Fiber
• Health & Wellness Facebook Site