

## The Good Fats

The fats listed below help lower the bad cholesterol in your body, and there's evidence that they may reduce cancer risk. Still, they should be consumed in moderation.

● **monounsaturated fat:** found in olive and peanut oils, avocados and most nuts

● **polyunsaturated fat:** found in vegetable oils (such as sunflower, corn and soy)

● **omega-3 fatty acids:** present mostly in seafood (fatty coldwater fish such as salmon, mackerel and herring) and also found in flax oil, flaxseed and walnuts

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