
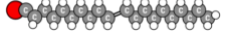


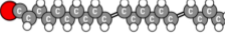












Saturated vs. Unsaturated Fats

If you are the type of person with an ear tuned to health news, you've probably heard a lot of about "bad" fats. But what makes a fat bad, and how can you tell the good apart? Use the below table to help you tell the difference and figure out why eating certain foods can increase your risk for atherosclerosis.

Fat	Type/Structure		Examples	
<p>Unsaturated Fats</p> <ul style="list-style-type: none"> • <i>Come from plants</i> • <i>Liquid at room temperature</i> <p>The less saturated the fat, the more sensitive that Apo receptors in the liver are. This means that the liver does a more efficient job at pulling in LDL particles, decreasing the number floating around in the blood that could build up on arteries.</p>	<p>Most healthy</p> 	<p>Monounsaturated Fatty Acids</p>  <p>One double-bond</p>	 <p>Olive oil</p>	 <p>Canola oil</p>
<p>Saturated Fats</p> <ul style="list-style-type: none"> • <i>Come from mostly animals</i> • <i>Solid at room temperature</i> <p>The more saturated the fat, the less sensitive that Apo receptors in the liver are. This means that instead of being repacked into healthier lipoproteins by the liver, more LDLs are left to circulate through the bloodstream.</p>		<p>Polyunsaturated Fatty Acids</p>  <p>More than one double-bond</p>	 <p>Corn oil</p>	 <p>Soybean oil</p>  <p>Safflower oil</p>  <p>Sunflower oil</p>
		<p>Saturated Fatty Acids</p>  <p>No double-bonds</p>	 <p>Beef</p>  <p>Eggs</p>	 <p>Dairy</p>  <p>Coconut</p>  <p>Almond/Cottonseed</p>