

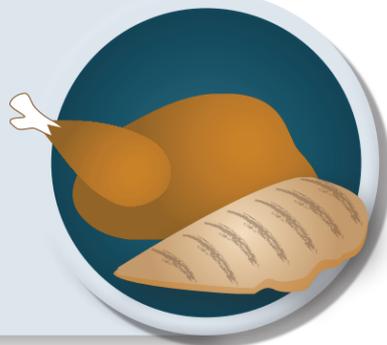
Hearti-FACTS

How can you reduce the saturated fats in your diet for a healthier heart?

Saturated fat raises your cholesterol and increases your risk of heart disease. You should *limit* it in your diet.

Avoid fried food.

Choose baked or grilled foods.



Avoid tropical oils (like coconut oil).

Choose olive oil or canola oil.



Avoid fat from red meat.

Choose lean cuts of meat.



Avoid butter fat in milk products.

Choose low-fat or non-fat milk products.



ALWAYS choose fresh fruits and vegetables!



Read nutrition facts labels to choose foods lowest in saturated fats.

Nutrition Facts

Serving Size 1 cup
Serving Per Container 1

Amount Per Serving
Calories 240 Calories from Fat 35

Total Fat 4g

Saturated Fat 1g

Cholesterol 0mg

Sodium 350 mg