

FAT COMPARISON CHART

Not all fats are created equal. Olive oil is high in monounsaturated fat (good fat), which has been clinically proven to help lower LDL (bad cholesterol) and help maintain HDL (good cholesterol).



MONOUNSATURATED FATS are healthy fats naturally found in olive oil, avocados, and nuts like almonds, pistachios, pecans, and cashews. These fats are effective at reducing bad cholesterol levels, which can lower your risk of heart disease. They also provide nutrients to develop and maintain your body's cells.

POLYUNSATURATED FATS are healthy fats that include omega-3 and -6 fats, which are essential in our bodies. These fats are beneficial if eaten in moderation, as they lower bad cholesterol levels. But too much can also increase the amount of free radicals, which can increase the risk of cancers and other diseases.

SATURATED FATS are unhealthy fats that are naturally found in foods from animals, such as fatty cuts of meat, whole milk, butter, cheese, and yogurt. Eaten in excess, saturated fats have been shown to raise levels of bad cholesterol, one of the main contributors to heart disease.

