

Nutritious Fats

SOURCES:

CHIA, FLAX, HEMP SEEDS

SALMON, TUNA

WALNUTS, ALMONDS, PEPITAS

AVOCADO

*PLANT-BASED OILS:
OLIVE, AVOCADO*



WHY IT MATTERS

Unsaturated fats come in two forms: monounsaturated (MUFA) and polyunsaturated (PUFA).

MUFA and PUFA (including omega 3's) provide essential fats to the body, allowing it to make cell membranes, hormones, metabolize vitamins (A, D,E,K), and regulate energy stores.

Unsaturated fats are known for their positive association with heart and brain health. Omega 3's are particularly helpful for their anti-inflammatory function.

Consumer Resources:

Omega 3 Health Professional Fact Sheet

<https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/>

Harvard: Types of Fat and Cholesterol

<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/types-of-fat/>

AHA: The Facts on Fats

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/the-facts-on-fats>

AHA: 4 Ways to Get Good Fats

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/4-ways-to-get-good-fats-infographic>

National Library of Medicine: Dietary Fats Explained

<https://medlineplus.gov/ency/patientinstructions/000104.htm>

Mayo Clinic: Maximizing Memory Function with a Nutrient Dense Diet

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/maximize-memory-function-with-a-nutrient-rich-diet>

RUSH: Mind Diet & Alzheimers Disease

<https://www.rush.edu/news/new-mind-diet-may-significantly-protect-against-alzheimers-disease>

MIND Diet Slows Cognitive Decline with Aging

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4581900/pdf/nihms693732.pdf>

Impact of Omega 3 Fatty Acids on Gut Microbiota

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5751248/>

Impact of Omega 3 Fatty Acids on Lung Infections with COPD

<https://www.urmc.rochester.edu/news/story/omega-3-fatty-acids-may-reduce-bacterial-lung-infections-associated-with-copd>