

# FEBRUARY

February is heart health month. Most of the time when we discuss heart healthy foods, we imagine low-fat or no-fat items. However, some fats, when eaten in **moderation**, can provide protection from heart disease, lower cholesterol levels, and reduce triglycerides.

## OMEGA 3 FATTY ACIDS

- Shown to lower LDL (bad) Cholesterol and Raise HDL (good) Cholesterol.
- Lowers Triglyceride levels.
- Reduces risk for blood clots.
- Improves eye and brain health.
- Our body does not produce Omega 3 fat.....we must get it from our diet.
- **Found in salmon, mackerel, flax seed, and walnuts.** (Other products have been fortified with Omega 3 fats).

## MONOUNSATURATED FATS

- Shown to lower LDL (bad) Cholesterol and Raise HDL (good) Cholesterol.
- Provides essential fatty acids for skin health and cell growth.
- Believed to protect against certain types of cancer.
- **Found in olive oil, avocados, almonds, brazil nuts, and cashews.**

## Serving Sizes

*Fish – 3 oz*

*Nuts – 1.5 oz OR 1/3 cup*

*Olive Oil – 1 tsp.*

*Flax Seed – 1 oz.*

*Avocado – 1 oz OR 1/5 of a whole*