

Polyunsaturated and monounsaturated fats can both be "good" fats for you based on your genes.

Both are generally found in plants and touted as healthier fats than saturated or unsaturated fats.

These types of fats are a healthy part of your diet and should be the majority of the fat you eat each day. In addition to being nutritious, polyunsaturated and monounsaturated fats can also offer protective benefits that might reduce your risk of certain illnesses and diseases.

Even with healthy fats, portion control with appropriate serving size is highly advised.

PUFAs

VS.

MUFAs

Polyunsaturated fats (PUFAs) help lower your bad HDL-cholesterol and may boost your good LDL-cholesterol level when you eat them instead of saturated or trans fats. Lowering your cholesterol will reduce your risk of heart disease and stroke. Your body needs two types of polyunsaturated fatty acids: omega-3s and omega-6s. Both omega-3 and omega-6 fatty acids contribute to brain function and are particularly beneficial to your heart by protecting against high blood pressure. Consuming Omega-3s and Omega-6s can curb stiffness and joint pain, lower depression levels and more.



COMMON PUFAs Sources

OILS: Flaxseed, Hempseed, Canola, Sunflower, Peanut, Coconut*

Tip: Use these for cooking to reap the benefits they offer your heart. Add flaxseed or hempseed to homemade bread and muffin recipes or stir it into a bowl of oatmeal.

NUTS: Walnut, Cashew, Hazelnut*, Pecan*, Peanut, Coconut*

Tip: Eat a handful of nuts each day or add them to oatmeal, yogurt or salad.

FISH: Herring, Mackrel, Salmon, Trout, Tuna

Tip: Fatty fish is one of the best sources of omega-3 fatty acids, and it can be grilled, baked or roasted to make a tasty dish.

POULTRY: Eggs*

DAIRY: Milk, Cheese

Monounsaturated fats (MUFAs) can help lower your bad HDL-cholesterol level when you eat them in place of saturated or trans fats (foods like butter, baked goods, fried foods, and fast foods). Nutritious monounsaturated fats can keep your heart rhythm normal and reduce inflammation, a condition that can increase your risk of certain types of cancer. Eating monounsaturated fats helps regulate your insulin and blood sugar levels, which is beneficial for everyone, but can be particularly helpful for people with diabetes. MUFAs are also high in Vitamin E.



COMMON MUFAs Sources

OILS: Avocado, Safflower, Olive, Vegetable, Corn, Canola, Almond Butter, Peanut, Pumpkin, Coconut*

Tip: Use these types of oils instead of butter, margarine or lard when you cook. You'll easily add beneficial monounsaturated fats to your diet.

NUTS: Almond, Macadamia, Pecan*, Pistachio, Brazil, Hazelnut*, Coconut*

Tip: Eat a handful of nuts each day as another way to include monounsaturated fats in your daily diet and to lower your HDL-cholesterol level.

FRUIT: Avocado, Olives

Tip: Eat one quarter of a plain avocado (approx. 2 oz.) and sprinkled with lemon juice or your favorite seasoning for an added twist.

POULTRY: Chicken, Turkey, Eggs*

Some genotypes react better to one or the other form of healthy fat and it is important to know how your body responds in order to support your health goals. Please refer to your Health & Wellness Genetic Test Report for more info.



* Food item is both MUFA and PUFA
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