

FATS

Trans Fats

- Hydrogenated vegetable oils
- Fast foods
- Cakes/pastries
- Chocolate
- Deep Fried Food



Saturated Fats

Vegetable Fats

- Coconut
- Palm oil
- 3-in-1 & 2-in-1 beverages, creamer, condensed milk



Animal Fats

- Poultry skin
- Fatty meat
- Butter
- Ghee
- Tallow / lard
- Full cream dairy products



Unsaturated Fats

Polyunsaturated

- Corn oil
- Soybean oil
- Sunflower oil
- Seeds
- Cold-water fish



Monounsaturated

- Olive oil
- Canola oil
- Peanut oil
- Sesame oil
- Avocado
- Most nuts



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