

Fats as Part of Your Anticancer Diet

The big bad guy in the fat world is one you have probably heard of: partially-hydrogenated oils, otherwise known as trans fats. Trans fats raise your bad cholesterol and lower your good cholesterol. While the FDA has banned their use, you will still find these **partially hydrogenated oils** on ingredient lists. These are oils you should avoid completely if possible.

Here is a chart you might find helpful that shows you fats you might want to limit, fats that are better options, and fats that need more research to know whether or not they should be part of your Anticancer diet.

Fats to Limit	Fats to Choose	Jury is still out
Saturated Fats Animal products- especially red meat and processed meat	Monounsaturated Omega -9 Olive oil, olives, organic canola oil	Saturated Coconut oil
Trans Fats Fried food, fast food, baked goods, processed snack foods and margarines	Polyunsaturated Omega-3 Oily fish Avocado, flaxseed and flaxseed oil, walnuts, organic canola, chia seed, pasture-raised animals (vs. grain fed), eggs from pastured hens	
Polyunsaturated Omega-6 Vegetable oil, soybean oil, cottonseed oil, corn oil, safflower oil, sunflower oil Grain-fed meat, eggs, dairy	Polyunsaturated Omega-6 Nuts and seeds	

Including fat as a healthy part of a balanced diet is important. Just remember to...

- Limit processed foods, since these usually include trans fats and inflammatory omega-6 fats
- Limit fats from animal products
- Emphasize those fats high in omega 3s such as olive oil, avocado oil, and nuts and seeds