



simply healthy

from your Hannaford Dietitian

Where do I find the good and the bad fats?

Food Sources of "Good" Essential Fats

Omega-3

Flaxseed oil & ground flaxseed
Soybean
Walnuts
Canola
Algae (DHA)
Spinach, Kale, Collard greens
Coldwater fish (cod, salmon, trout, tuna)
Pumpkin seeds, shelled

Omega-6

Flax oil
Walnuts
Grapeseed oil
Safflower oil
Sunflower oil
Sesame oil
Corn oil
Peanut Oil

Food Sources of "Good" Monounsaturated Fats

Olive oil, extra virgin
Canola oil
Sesame oil
Soybean oil
Avocado
Nuts
Nut Butters

Food Sources of "Bad" Trans Fats and Saturated Fats

Margarine made with partially hydrogenated oil
Commercially prepared cookies, crackers, chips
Candy
Pastries and doughnuts
Shortening (Crisco)
All partially hydrogenated oils
High-temperature deep-fried foods
Fatty Meats
Cheese (Instead look for Light Cabot Cheddar cheese to reduce saturated fats.)



Interested in learning more? Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian