

# Go for the Good Oils



Polyunsaturated or monounsaturated oils are often called the good fats because small amounts may actually help to reduce cholesterol levels. They include:

- Canola or rapeseed oil (monounsaturated).
- Corn oil (polyunsaturated).
- Olive oil (monounsaturated).
- Peanut oil (monounsaturated).
- Safflower oil (polyunsaturated).
- Sesame oil (polyunsaturated).
- Soybean oil (polyunsaturated).

Monounsaturated oils are preferred because they lower LDL cholesterol (bad cholesterol) without lowering HDL cholesterol (good cholesterol). Polyunsaturated fats tend to lower both.