

Nourish
Your Life

GOOD FOR YOU

Fats

Not all fat is bad. Your body needs some fat to function properly.

The key is to choose foods with less bad fats (saturated, trans and hydrogenated) and more good fats (unsaturated) to help lower cholesterol and triglycerides.



Eat oily fish twice a week like salmon, trout, herring, sardines and smelts to get essential omega-3 fats.

Snack on walnuts, almonds or peanuts, or sprinkle chia and ground flax seeds on oatmeal and salads.

Choose cooking and salad dressing oils like olive, canola, peanut, soybean, sesame and sunflower.

Add avocado to salads, sandwiches, smoothies and more.



AVOCADO & CORN SALAD

1 avocado, diced
3/4 cup frozen corn kernels, thawed
1/2 cup grape tomatoes, quartered
1 tablespoon fresh cilantro, chopped
2 teaspoons lime juice
1/4 teaspoon salt

In a medium bowl, toss together all ingredients. Chill in the fridge for one hour. Makes 4 servings.

Source: USDA MyPlate Kitchen