

FABULOUS FATS

Healthy fats play a crucial role in supporting heart health.

Healthy fats help to reduce harmful cholesterol levels, improve blood vessel function, and reduce inflammation. They also keep you warm and absorb nutrients, balance your blood sugar for stable energy, and enhance the flavor of foods.



Healthy fats that lower cholesterol:

- **MONOSATURATED**- Found in nuts, vegetable oils, peanut butter, and avocados.
- **POLYUNSATURATED**- You get this from salmon, sardines, walnuts, tofu, soybeans, and seeds.

The amazing avocado

According to the Harvard School of Public Health, avocados heart-friendly fats do not increase blood cholesterol and can provide satisfaction on a traditional cholesterol-lowering diet. The slightly earthy but neutral flavor of avocados work well in sauces, salad dressing, sandwiches, baked goods, salads, and grain dishes to add richness.

Try the [Tomato Almond Avocado Salad recipe](#) to incorporate this wonderful source of fat into your diet.

SOURCE:

Personify Health Journey: "Eat for Energy"

Harvard School of Public Health- [Avocados](#)

<https://Zipongo.com/recipes/35593192>

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