

Fats

Body & health

Saturated, unsaturated and trans — what distinguishes them and what they do.

By chemical structure, which determines their behaviour and effects.

Type	Found in	Effect on LDL
Saturated	Butter, red meat, coconut	Raises
Monounsaturated	Olive oil, avocado, nuts	Lowers
Polyunsaturated	Oily fish, seeds, walnuts	Lowers
Omega-3	Oily fish, flaxseed	Anti-inflammatory
Trans (artificial)	Some processed food	Raises LDL, lowers HDL

Artificial trans fats are banned or restricted in many countries. They are the one fat with no established safe level.