

Harvard School of Public Health

<i>DIETARY FATS</i>			
Type of Fat	Main Source	State at Room Temperature	Effect on Cholesterol Levels Compared with Carbohydrates
Monounsaturated	Olives; olive oil, canola oil, peanut oil; cashews, almonds, peanuts, and most other nuts; avocados	Liquid	Lowers LDL; raises HDL
Polyunsaturated	Corn, soybean, safflower, and cottonseed oils; fish	Liquid	Lowers LDL; raises HDL
Saturated	Whole milk, butter, cheese, and ice cream; red meat; chocolate; coconuts, coconut milk, and coconut oil	Solid	Raises both LDL and HDL
Trans	Most margarines; vegetable shortening; partially hydrogenated vegetable oil; deep-fried chips; many fast foods; most commercial baked goods	Solid or semi-solid	Raises LDL*

*Trans fat increases LDL, decreases HDL, and increases triglycerides when compared to monounsaturated or polyunsaturated fat.

Percentage of Specific Types of Fat in Common Oils and Fats*				
Oils	Saturated	Mono-unsaturated	Poly-unsaturated	Trans
Canola	7	58	29	0
Safflower	9	12	74	0
Sunflower	10	20	66	0
Corn	13	24	60	0
Olive	13	72	8	0
Soybean	16	44	37	0
Peanut	17	49	32	0
Palm	50	37	10	0
Coconut	87	6	2	0
Cooking Fats				
Shortening	22	29	29	18
Lard	39	44	11	1
Butter	60	26	5	5
Margarine/Spreads				
70% Soybean Oil, Stick	18	2	29	23
67% Corn & Soybean Oil Spread, Tub	16	27	44	11
48% Soybean Oil Spread, Tub	17	24	49	8
60% Sunflower, Soybean, and Canola Oil Spread, Tub	18	22	54	5
*Values expressed as percent of total fat; data are from analyses at Harvard School of Public Health Lipid Laboratory and U.S.D.A. publications.				

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