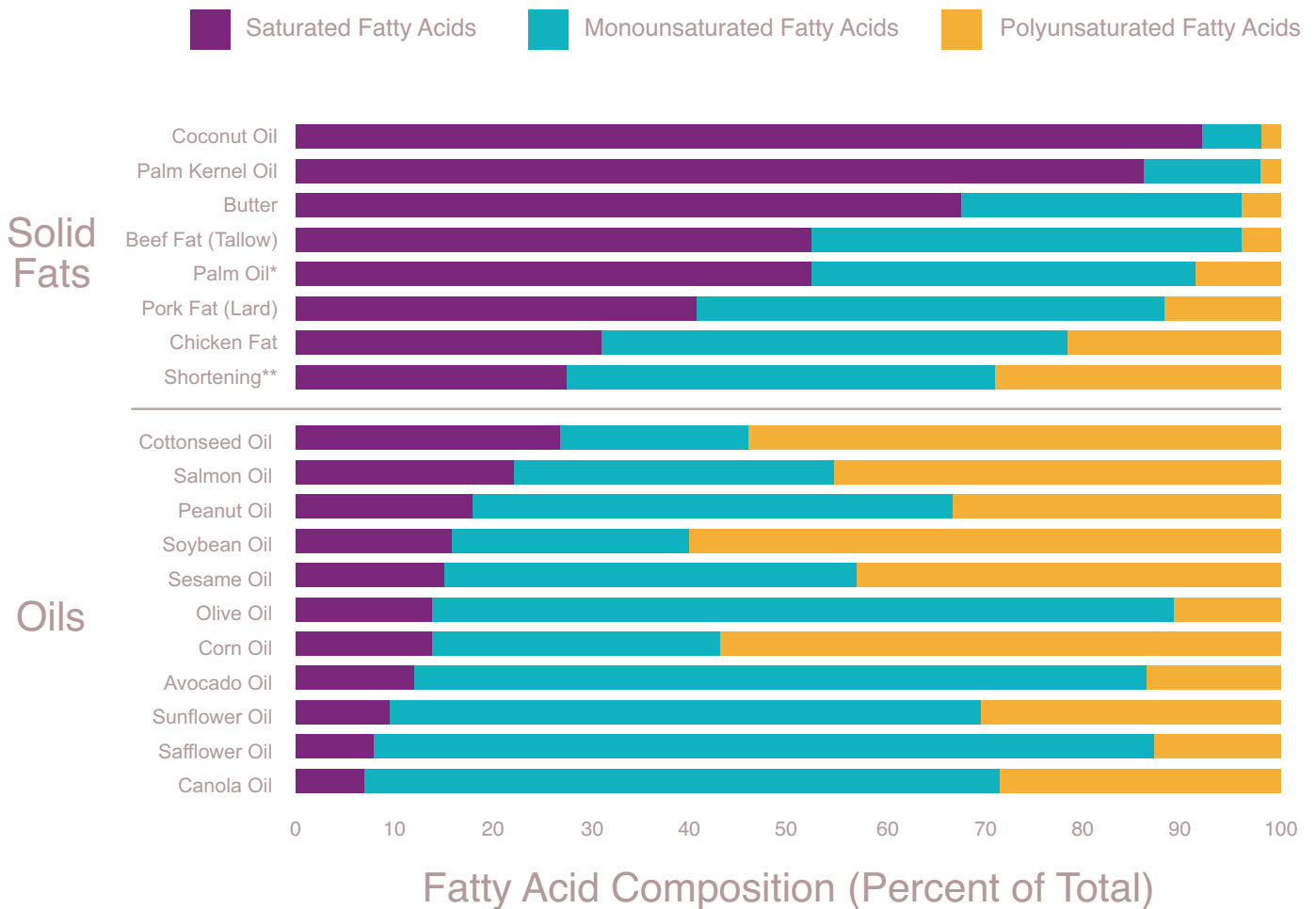


Fat Profiles

Using this chart, you can compare and contrast some of the most common sources of fat. The dark purple line represents saturated fat. The blue line represents monounsaturated fats while the yellow line represents polyunsaturated fats. Ideally, choose fats with less of the purple color and more of the blue and yellow colors. Looking at the solid fats at the top of graph like butter, it is composed of mostly saturated fatty acids but it is also contains monounsaturated and polyunsaturated fatty acids.

Oils are mostly composed of unsaturated fatty acids with small amounts of saturated fatty acids. This is why they are emphasized in the Mediterranean Diet.



* Coconut, palm kernel, and palm oil are called oils because they are derived from plants. However, they are solid or semi-solid at room temperature due to their high content of short-chain saturated fatty acids. They are considered solid fats for nutritional purposes.
 ** Shortening may be made from partially hydrogenated vegetable oil, which contains *trans* fatty acids.
 Data sources: U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory, USDA National Nutrient Database for Standard Reference. Release 27, 2015. Available at <http://ndh.nal.usda.gov>. Accessed August 31, 2015.

