



# It's time to face the fat



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If you're pouring it on too thick with unhealthy fats in your diet, let's face it. Eating large amounts of high-fat foods will add excess calories, which can lead to weight gain and ultimately increase blood cholesterol levels and your risk of coronary artery disease.

When choosing fats, limit saturated fat or trans-fat and go with healthier options like monounsaturated and polyunsaturated fats. These fats can even lower the total and low-density lipoprotein (LDL) cholesterol in your blood. Some healthy sources of fat are avocados, nuts, vegetable oils and fatty, cold-water fish, such as salmon, mackerel and herring.

**Face the facts about fat.** If you want to be healthier, your dietary fats need to be, too. You can get more fat facts from your health information resource at Blue Access® for Members.

Source: Mayo Foundation for Education and Research

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