

### *Transcript*

You may have heard that there are several kinds of fats. We need some fat in our diets. Fats provide energy. They also help build hormones and cells. While all fats are high in calories, some fats are better choices than others. But how do we know which to avoid and which are better choices?

Choose unsaturated fats. They can actually help lower your cholesterol. These healthier fats usually stay liquid at room temperature and are found in most vegetable oils. Good fats are also found in avocados, some fish, and nuts.

Saturated fats and trans fats are not good choices. They can clog up the arteries that carry blood to your heart. Most of these fats stay solid at room temperature. They're found in some fried foods, fatty meats, and baked goods.

Dairy foods also can be high in fat, such as cheese, yogurt and cream. However, adults should have about three servings of dairy each day. So, to get the benefits of dairy without too much fat, substitute non-fat or low-fat dairy products for whole. If you are lactose intolerant, talk to a registered dietitian or your healthcare provider about how to include dairy in your meals.

Fats should be included in everyone's daily food selections. Choose unsaturated fats and whole foods naturally higher in healthy fats.