

Health Impacts of Dietary Fats

	Saturated Fat	Saturated Fat from Dairy	MUFAs	Omega-6 (PUFA)	Omega-3 (PUFA)
Cardiovascular Disease		=			
Hypertension	Unclear			=	Unclear
Inflammation		Unclear			
Insulin Resistance		Unclear		=	=
Gut Dysbiosis		Unclear		=	=
Oxidative Stress		Unclear		=	

Beneficial Impact Negative Impact = Neutral Impact

*Net impact of omega-6’s appears to be anti-inflammatory, however, for unclear reasons it can promote inflammation.
**Based on research, anti-inflammatory benefits of omega-3’s requires intake of ≥2g/day of combination of DHA and EPA

Sources of Unsaturated Fats

Monounsaturated Fats	Omega-6 (PUFA)	Omega-3 (PUFA)
Avocados Nuts and nut butters Olive, canola, peanut, safflower, and sesame oils	Eggs Nuts and seeds Soybean, corn, safflower, and sunflower oil Meat, poultry, fish	Flaxseed* Walnuts* Fish and shellfish Soybean and soy products*

*In the form of ALA, 10-15% will be converted to DHA and EPA which is the form associated with most benefits of omega-3’s



References
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