



# Healthy Fats:

# Avocados

Avocados contain monounsaturated fats that help to improve blood cholesterol levels. This helps to reduce risk of heart disease. In addition, they also have vitamin E, C, and B6, potassium and fiber. Avocados can be added to your diet on salads, soups, egg sandwiches and more! Adding avocados to smoothies gives them a creamy texture. My favorite recipe is homemade guacamole!



*Photos courtesy of Pixabay*

## Weekly Challenge:

Try to incorporate avocados into your diet once this week. Be creative with your recipes!



## Healthy Fats:

# Walnuts

Walnuts are a great source of healthy fats.

They contain Omega-3 fats, which help lower cholesterol levels. Walnuts are also a good source of vitamin E. You can incorporate walnuts into your diet by using them on salads, oatmeal, or muffins. Like any other food type, nuts should be consumed in proper portion sizes. A serving size for nuts is about a third of a cup. Nuts are a very versatile ingredient and provide a good source of protein!



*Photos courtesy of Pixabay*

### **Weekly Challenge:**

Try to add nuts to your diet twice a week. Either on top of other food or simply as a snack!



# Healthy Fats: Pistachios

Tasty? Check.

Helps lower LDL levels? Check.

Improves cardiovascular health? Check.

On your grocery list? I hope so! Pistachios are an excellent source of healthy fats, and studies are showing that diets containing pistachios have reduced cholesterol levels. This delicious snack will not only keep your hunger in check, but your health will be too!

## **Weekly Challenge:**

Try eating a serving of unsalted pistachios 3-5 days this week!



*Photos courtesy of Pixabay*

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Lauren Mickley 3-17



## Healthy Fats: Flax

Whole, ground, or as an oil, flax is an awesome source of healthy fats! It is a great source of Omega-3 acids, when balanced with Omega-6 acids play a vital role in heart, brain, and eye health. There is some research showing the reduction of cholesterol and blood pressure. And when in the whole or ground state, it's a fantastic source of fiber!

### **Weekly Challenge:**

Try adding flax to your oatmeal, yogurt, smoothies, or anything, for an extra boost of healthy fats!



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