

TAKE CHARGE OF YOUR HEALTH

Eat Good Fats to Boost Your Health

Contrary to popular belief, not all fat is bad for you—especially if it contains omega-3 fatty acids. While this “good fat” is not naturally produced by the human body, it does play a role in reducing your risk of cardiovascular disease. Adding in good fats to your diet can help you improve your overall health. According to the Cleveland Clinic, here’s how you can incorporate good fats into your diet:



Cook with plant-based oils like olive oil, canola oil and peanut oil, instead of solid fats like butter.



Eat seeds and beans like walnuts, flaxseed, sunflower seeds and soybeans.



Eat plenty of oily, cold-water fish like tuna and salmon.



Talk to your doctor about taking omega-3 supplements.

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