Mayo Clinic Minute: How to choose heart-healthy fats

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<th>Video</th>
<th>Audio</th>
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<td>Good fat, bad fat, isn’t fat just fat? Not so, says Elizabeth Bailey, a Mayo Clinic registered dietitian nutritionist.</td>
<td>“Fats are essential for hearth health, for body function, for brain health, but when choosing fats, we do want to be sure that we’re choosing the right types of fat.”</td>
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<td>Elizabeth J. Bailey Dietitian Mayo Clinic</td>
<td>What counts as a right type of fat?</td>
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<td>“That would be your unsaturated fats, your monounsaturated and your polyunsaturated fats.”</td>
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<td>Bailey offers this quick tip when making a cooking decision.</td>
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<td>“You can think good fat, think liquid at room temperature fat.”</td>
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<td>Consider olive oil, canola oil, grapeseed oil and avocado oil as good fats to cook with or use in a salad dressing, for instance.</td>
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<td>“Associate your bad fats with solid at room temperature fat.”</td>
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<td>Those bad or saturated fats include butter, coconut oil, lard and animal products.</td>
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<td>“That’s one reason for our recommendation to limit red meat.”</td>
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<td>When it comes to matters of the heart, be proactive and choose healthy fats.</td>
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<td>“Healthy fats have been shown to be protective for heart health because they reduce the LDL, or the bad cholesterol.”</td>
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<td>For the Mayo Clinic News Network, I’m Joel Streed.</td>
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