But be careful. Fats make us fatter!

Fats in some fish – albacore tuna, salmon

Avocados

Nuts

Peanut Butter

Canola and olive oil

Some fats are actually Heart Healthy Fats
Unhealthy Fats

- Fatty meat or chicken skin
- Cream
- Whole Milk
- Lard or Crisco
- Butter or stick margarine