



# Healthy Fats and Fiber

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## Types of Dietary Fat

Monounsaturated



Polyunsaturated



Saturated



Trans fats

# The “Good” Fats

- Monounsaturated and Polyunsaturated fats have been found to have many health benefits
- Monounsaturated fats are found primarily in olive oil, avocados, nuts and seeds
- Polyunsaturated fats have two major categories – Omega 6 (found in corn, peanut, soybean and sunflower oil), and Omega 3 (found in fatty fish [EPA and DHA], canola oil, flax seeds and walnuts[ALA])
- Mono and Poly unsaturated fats are associated with lower LDL cholesterol, higher HDL cholesterol, better blood sugar control, lower risk of heart disease and dementia

# Saturated Fat?

- Recent research and meta analysis of previous research has found that “saturated fats have NO IMPACT on cardiovascular disease, cardiovascular mortality, or all cause mortality.”
- Saturated fat seems to raise LDL cholesterol levels, but only the Large LDL versus the Small Dense LDL which actually causes disease.
- People consuming full fat dairy were found to be lower weight and have lower risk of heart disease (fermented dairy products like cheese and yogurt conferred the biggest benefits)
- The science is still evolving, but saturated fat may be a neutral entity

# Trans Fats

- Unsaturated but Definitely BAD
- Found in very small amounts in milk and meat
- Were common in processed foods, but have mostly been removed



## Types of Fiber

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Fiber is a carbohydrate your body can't digest

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Fiber can be Soluble Fiber or Insoluble Fiber

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Aim for a total of about 30 grams per day

# Soluble Fiber

- Soluble fiber forms a gel in the stomach that slows digestion promoting a feeling a fullness
- There are many types of soluble fiber found in different foods including inulin, beta glucans, pectin, psyllium, and resistant starch
- This fiber attaches to cholesterol particles and helps remove them from the body reducing overall cholesterol levels
- By slowing digestion, it can help control blood sugar levels
- Includes many important prebiotic nutrients to feed your gut biome
- Sources include fruits and vegetables, oats, seeds, legumes

# Insoluble Fiber

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Insoluble fiber hydrates and moves waste through your intestines

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Most important types are cellulose and lignins

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May impact immune function through the gut biome

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Decreased transit time as well as immune function are associated with a decrease in colon cancer risk

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Found in the skins and peels of produce, in whole grains, and leafy greens



# Resources

- For a list of high fiber foods:
- <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>
- For a chart of the types of fiber in different foods:
- <https://www.webmd.com/diet/compare-dietary-fibers>
- For a discussion of the current research on saturated fat:
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9794145/>