

## WHAT IS GOOD FAT FOODS%0A



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### **10 High Fat Foods That Are Actually Super Healthy**

Cheese, like other high-fat dairy products, also contains powerful fatty acids that have been linked to all sorts of benefits, including reduced risk of type 2 diabetes .

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### **11 Best Healthy Fats for Your Body Dr Axe**

Plus, eating a good variety of foods high in fat can also boost brain function. Loading up on the healthy fat foods can soothe inflammation and promote blood flow to the brain to enhance cognitive function. In particular, medium-chain fatty acids, omega-3 fatty acids and unsaturated fats play a critical role in brain function and development.

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### **List of Foods in the Fats Sweets Group Livestrong com**

Unlike sweets, fats are a more complicated type of food group, because some fats are actually good for you in moderation and others are best avoided altogether.

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### **Good Fats vs Bad Fats Get the Skinny on Fat webmd com**

But it's easy to get confused about good fats vs. bad fats, how much fat we should eat, how to avoid artery-clogging trans fats, and the role omega-3 fatty acids play in heart health.

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### **Healthy Fat' Foods for Your Diet in Pictures WebMD**

Slideshow: Healthy-Fat Foods. 1 / 9. Fish . Naturally fatty fish like salmon, mackerel, herring, lake trout, sardines, and albacore tuna are good sources of omega-3 fatty acids. These are "good

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### **Choosing Healthy Fats HelpGuide org**

Dietary fat also plays a major role in your cholesterol levels. Cholesterol is a fatty, wax-like substance that your body needs to function properly. In and of itself, cholesterol isn't bad. But when you get too much of it, it can have a negative impact on your health. As with dietary fat, there are good and bad types of cholesterol.

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### **20 Foods That Are Bad for Your Health**

They're often low in fat but loaded with sugar to compensate for the flavor that fat provides. Put simply, most yogurt has had its healthy, natural fats replaced with an unhealthy ingredient.

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### **Good Fats vs Bad Fats Everything You Need to Know**

When it comes to diet, fats get a bad rap. Some of this is justified, because certain types of fat and the fat-like substance cholesterol may play a role in cardiovascular disease

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### **Examples of Fatty Foods Livestrong com**

A diet high in fat is very unhealthy, leading to an expanding waistline and increased risk for serious medical conditions, including high cholesterol and heart disease, the leading cause of death in the United States.

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### **What Is a Good SAT Score A Bad SAT Score An Excellent**

What is more important is what makes a good SAT score for you personally, based on the schools you are interested in. A 1280 is an 84th percentile score, meaning you scored better than 84% of test takers.

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