

Monounsaturated Fats and Polyunsaturated Fats

Olive oil salad dressing turns cloudy when it is in the refrigerator, then clears up when it is left on the table or counter. A layer of oil forms on top of non-hydrogenated peanut butter when it remains at room temperature. The that you see floating on top of peanut butter is the peanut oil, and just like olive oil, is an example of monounsaturated fats. Both peanut butter and olive oil are excellent sources of these fatty acids. Monounsaturated fats, typically stored in liquid form when at room temperature, contain monounsaturated fatty acids that lower blood cholesterol. When refrigerated this healthy fat turns into its solid form.

Blood cholesterol content is reduced by increasing the good HDL cholesterol, and lowering the bad LDL cholesterol. In some cases, monounsaturated fatty acids can assist with the decrease of triglycerides. Excellent sources of monounsaturated fats are peanuts, peanut butter, olives, olive and canola oil, and all other varieties of nuts and seeds such as sunflower seeds, pecans, almonds, and sesame seeds.

Polyunsaturated fats, found mostly in fish, soy, and walnuts, contain oils that are liquid in form both at and below room temperature. This fatty acid also helps in lowering the level of your total blood cholesterol by decreasing the bad LDL cholesterol. Omega three and the Omega six are two types of polyunsaturated fatty acids. These fatty acids are also known for contributing to reduced risk of heart attack, cancer, and stroke. Omega three fatty acids also contain properties that lower the Triglyceride levels. Primary sources of Polyunsaturated fats are a variety of fish such as trout, herring tuna, salmon, and mackerel. Corn oil, soybean oil, and safflower oil also contain these fatty acids.