

Type	Saturated	Unsaturated		
Subtype	---	Monounsaturated	Polyunsaturated	Trans
Chemistry	No C=C bonds	One C=C bond	Multiple C=C bonds	C=C isomers
Found in	Animal fats (solid at room temp)	Plant fats, oils (liquid at room temp)	Fish oils, some plant fats	Factory foods Partially hydrogenated oils
Health / Nutrition	<ul style="list-style-type: none"> • Correlated with cardiovascular disease (but it's complicated) • Considered unhealthy starting in 1970's, but... • Research studies do not really agree on effects of saturated fat 	<ul style="list-style-type: none"> • Considered healthy • Some oils healthier than others • Some essential fatty acids (healthy) • Depends on how it is processed • Some sources concerned about high amounts of processed oils in diet 	<ul style="list-style-type: none"> • Considered healthy • Omega 3 considered healthy • Omega 6 considered healthy, but some disagreement exists • Some essential polyunsaturated fatty acids (healthy) 	<ul style="list-style-type: none"> • Very unhealthy (wide agreement among researchers) • Even small amounts considered unhealthy (fractions of a gram per serving) • Some foods have trans fat even if it says "0 g trans fat"
Guidelines	Keep under 10% of Calories or so	Keep total fat at 25-35% of total Calories	Keep total fat at 25-35% of total Calories	Keep under 1% of Calories, or "No safe level"