

Fats are broadly classified as either "saturated" or "unsaturated." Most foods that contain fat contain both kinds, in varying proportions. Foods that are high in saturated fats include meat, butter, and other animal products. In general, saturated fats are solid at room temperature. Foods high in unsaturated fats include vegetable oils, nuts, and avocados. Unsaturated fats, if separated out, are usually liquid at room temperature. The key to health is to allocate a percentage 35 of your fat intake to each type of fat. Saturated fat in moderate amounts poses no problem. In general, you will be fine if less than 20 percent of the fat you consume is saturated. Beyond that 40 level, saturated fat may promote heart disease and perhaps some types of cancer. A diet high in saturated fat can also make you depressed and antisocial, and impair your general mental performance. Unsaturated fats should make up 45 1most of your fat intake. But beware. Unsaturated fats are especially high in calories and could cause weight problems. The smart approach is to keep your overall fat intake low and make sure that most of it is in the form of unsaturated fats.