

Dietary Therapies for Epilepsy Healthy Fats

The ketogenic diet is very high in fat. Patients on this diet may develop high cholesterol levels which can increase their risk of heart disease. To help reduce cholesterol levels it is beneficial for patients to alter the types of fats they choose.

Saturated fats are typically solid at room and refrigerator temperatures. They are found in greatest amounts in animal products, such as beef, lamb, pork poultry with skin, butter, cream, cheese, and other dairy products. Cholesterol is also found in these animal products. Plant sources of saturated fats include coconut and palm oils.

Polyunsaturated and monounsaturated fats tend to be liquid at room and refrigerator temperatures. These unsaturated fats can help to improve cholesterol levels. Nuts, vegetable oils, and fish are all good sources.

The bottom line: Emphasize unsaturated fats over saturated fats!

Monounsaturated fat sources	Omega-6 polyunsaturated fat sources	Omega-3 polyunsaturated fat source
<ul style="list-style-type: none"> ✓ Nuts ✓ Vegetable oils ✓ Canola oil ✓ Olive oil ✓ High oleic safflower oil ✓ Sunflower oil ✓ Avocado 	<ul style="list-style-type: none"> ✓ Soybean oil ✓ Corn oil ✓ Safflower oil 	<ul style="list-style-type: none"> ✓ Soybean oil ✓ Canola oil ✓ Walnuts ✓ Flaxseeds ✓ Trout ✓ Herring ✓ Salmon