

# SWAP Out Saturated FAT

*February 2026*

add a ✓ each day  
you swap out saturated  
fat for a heart healthy  
unsaturated fat



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28