Face the Fats

Fat Fact #1: Fats and oils are found in every food group.

Fat Fact #2: We need SOME fat everyday.

Fat Fact #3: Healthy fats are IMPORTANT because they…

1. Give you energy
2. Protect your organs
3. Keep you warm
4. Help your body absorb certain vitamins

<table>
<thead>
<tr>
<th>HEALTHY FATS</th>
<th>UNHEALTHY FATS</th>
</tr>
</thead>
<tbody>
<tr>
<td>(unsaturated)</td>
<td>(saturated &amp; trans fats)</td>
</tr>
<tr>
<td><img src="image1" alt="Healthy Fats" /></td>
<td><img src="image2" alt="Unhealthy Fats" /></td>
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</tbody>
</table>

Where do healthy fats come from?
Plants and fish

Healthy fats: liquid at room temperature
- Olive, canola, peanut, corn, soybean

Other foods with healthy fat:
- Nuts, seeds, fish, olives, and avocados

*Look for Monounsaturated or Polyunsaturated fat found on the Nutrition Facts label.

Where do unhealthy fats come from?
Animal foods and shortening

Unhealthy fats: solid at room temperature
- Butter
- Beef, chicken, pork fat
- Stick margarine
- Shortening (pastries, donuts)

*Limit Saturated and Trans fat found on the Nutrition Facts label, and avoid foods with partially hydrogenated oil in the ingredient list.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.