**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:** Fat is **IMPORTANT** because it…
1. Gives you energy
2. Protects your organs
3. Keeps you warm

**Fat Fact #4:** There are 2 types of fat:

<table>
<thead>
<tr>
<th>1. HEALTHY (LIQUIDS)</th>
<th>2. UNHEALTHY (SOLIDS)</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Healthy fats" /></td>
<td><img src="image2" alt="Unhealthy fats" /></td>
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<tr>
<td><img src="image3" alt="Healthy fats" /></td>
<td><img src="image4" alt="Unhealthy fats" /></td>
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<tr>
<td><img src="image5" alt="Healthy fats" /></td>
<td><img src="image6" alt="Unhealthy fats" /></td>
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</tbody>
</table>

**Where do oils come from?**
- Plants and from fish

**Where do fats come from?**
- Animal foods and shortening

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

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

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

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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.