

FACE THE FATS

Fat Facts

- Fats and oils are found in every food group.
- We need some fat everyday.
- Healthy fats are important because they:
 - Give you energy
 - Protect your organs
 - Keep you warm
 - Help your body absorb certain vitamins

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%

Healthy Fats (Unsaturated Fats)

Usually liquid at room temperature

Where do healthy fats come from?
Plants and fish. Examples are:

- Olive, canola, peanut, corn, and soybean oils
- Nuts and seeds
- Fish
- Olives
- Avocados



Look for monounsaturated or polyunsaturated fat found on the Nutrition Facts label.

Unhealthy Fats (Saturated Fats)

Usually solid at room temperature

Where do unhealthy fats come from?
Animal foods and shortening. Examples are:

- Butter
- Beef, chicken, and pork fat
- Stick margarine
- Shortening (pastries, donuts)
- Whole milk and other full fat foods



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