



OILS



**FAT TO EAT LESS OF:**

- Saturated fat is usually solid at room temperature

**HOW DO I KNOW IF A FOOD HAS SATURATED FAT OR TRANS FATTY ACIDS IN IT?**

Saturated Fat	
Total	15g
Dietary Guidelines for Americans Limit	63g

Trans Fat	
Total	1g
Dietary Guidelines for Americans Limit	0g

**FAT TO EAT LESS OF:**

- Sources of saturated fat and cholesterol

**FAT TO EAT LESS OF:**

- Trans fatty acids are formed when liquid vegetable oils are made into a solid shortening or margarine



Stack of informational brochures or pamphlets.

