Foods & Nutrition EDUCATION

University of Georgia Cooperative Extension Service

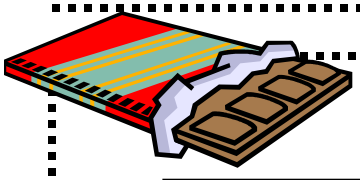
Oils and Solid Fats

Oils

Use Small Amounts

Vegetable oils, soft tub margarine, salad dressings, fish, nuts, avocados

- **Monounsaturated oil and polyunsaturated oil:** Heart-healthy oils that lowers your LDL (bad) cholesterol.
- Contain vitamin E and essential fatty acids



Solid Fats

Use Very Little If Possible

Butter, stick margarine, shortening, animal fat, dairy fat

- **Saturated fat**: Fat that can raise your LDL (bad) cholesterol, increasing your risk for heart disease.
- ***Trans* fat:** Oils made solid through processing. Increases LDL (bad) cholesterol, lowers HDL (good) cholesterol.
- **Cholesterol:** increases risk for heart disease

Daily Oil Allowance

Varies on calorie needs (depends on age, gender and physical activity level)

Women: 5 to 6 teaspoons
Men: 6 to 7 teaspoons

Sources of Oils	Amount of Food	Amount of Oil
Oils	1 Tbsp.	3 tsp.
Margarine	1 Tbsp.	2 ½ tsp.
Mayonnaise	1 Tbsp.	2 ½ tsp.
Mayo-type Salad Dressing	1 Tbsp.	1 tsp.
Italian Dressing	2 Tbsp.	2 tsp.
Thousand Island	2 Tbsp.	2 ½ tsp.
Olives	4 large	½ tsp.
Avocado	½ medium	3 tsp.
Peanut butter	2 Tbsp.	4 tsp.
Peanuts	1 oz.	3 tsp.
Almonds	1 oz.	3 tsp.
Sunflower Seeds	1 oz.	3 tsp.

Tips for Choosing Healthy Oils and Fats:

1. Substitute vegetable oils for solid fats like butter, stick margarine, shortening, or lard.
2. Substitute nuts for meat or cheese as a snack or as part of a meal.
3. Chose fish rich in omega-3 fats, such as salmon, trout, and herring.
4. Limit products containing saturated fats, such as ground or processed meats, full-fat cheeses, cream, ice cream, and fried foods.
5. Limit foods containing partially hydrogenated vegetable oils, which contain *trans* fats, such as some commercially fried foods and some bakery goods.
6. Select baked, steamed, or broiled rather than fried foods.

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