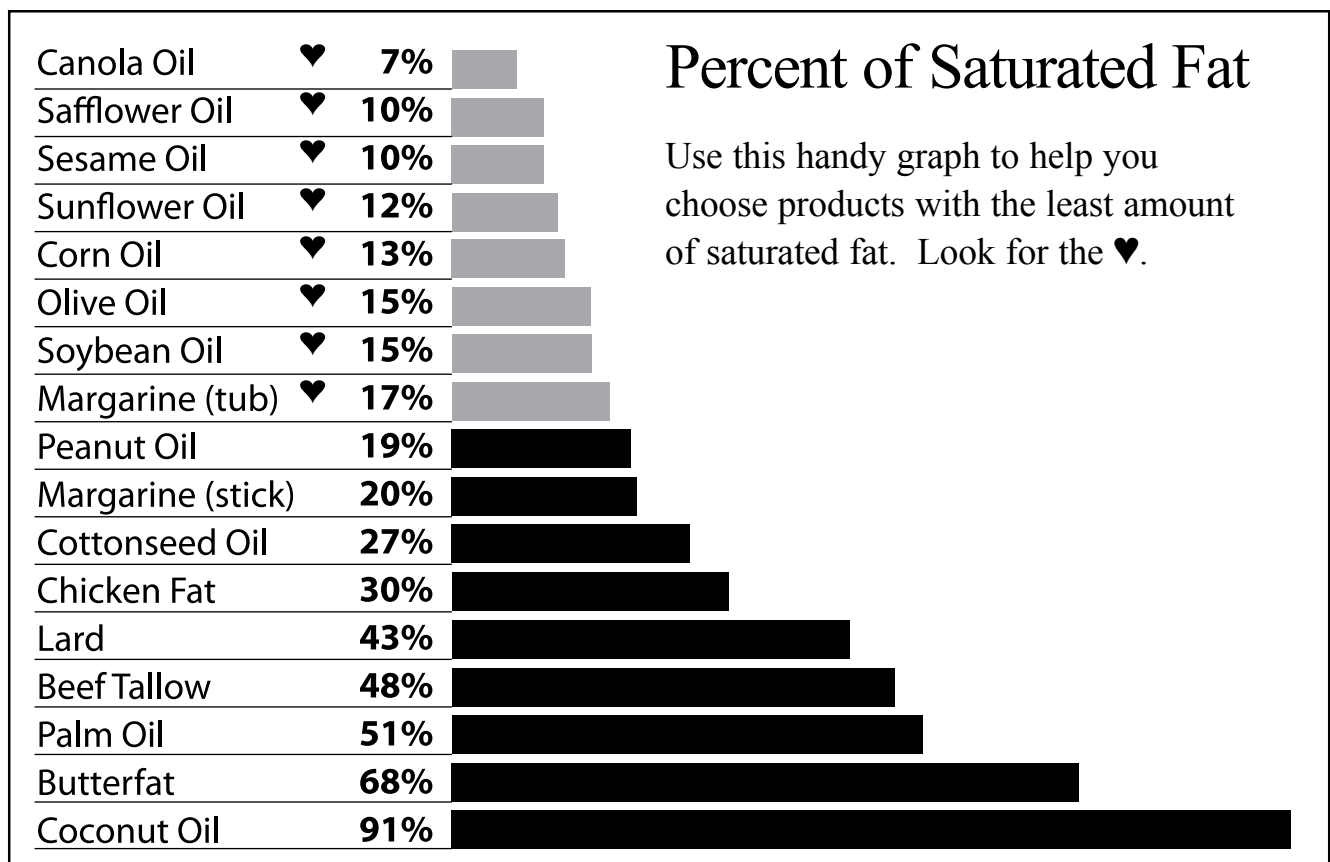


Fats and Oils To Choose

When you do use fats and oils, choose those with less saturated fat.

Lower in Saturated Fat— Choose <u>More</u> Often	Higher in Saturated Fat— Choose <u>Less</u> Often
<ul style="list-style-type: none"> ♥ Canola, corn, olive, sesame, soybean, and sunflower oils ♥ Tub margarine (especially light margarine) 	<ul style="list-style-type: none"> • Butter • Solid shortening • Lard • Fatback • Stick margarine

Read the Nutrition Facts Label To Choose Foods Lower in Saturated Fat, *Trans* Fat, and Cholesterol!



Source: Adapted from Canola Council of Canada, “Canola Oil Dietary Fat” (www.canola-council.org/PDF/dietarychart.pdf#zoom=100), July 19, 2007.