

Fats and Oils To Choose

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

**Lower in Saturated Fat—
Choose More Often**

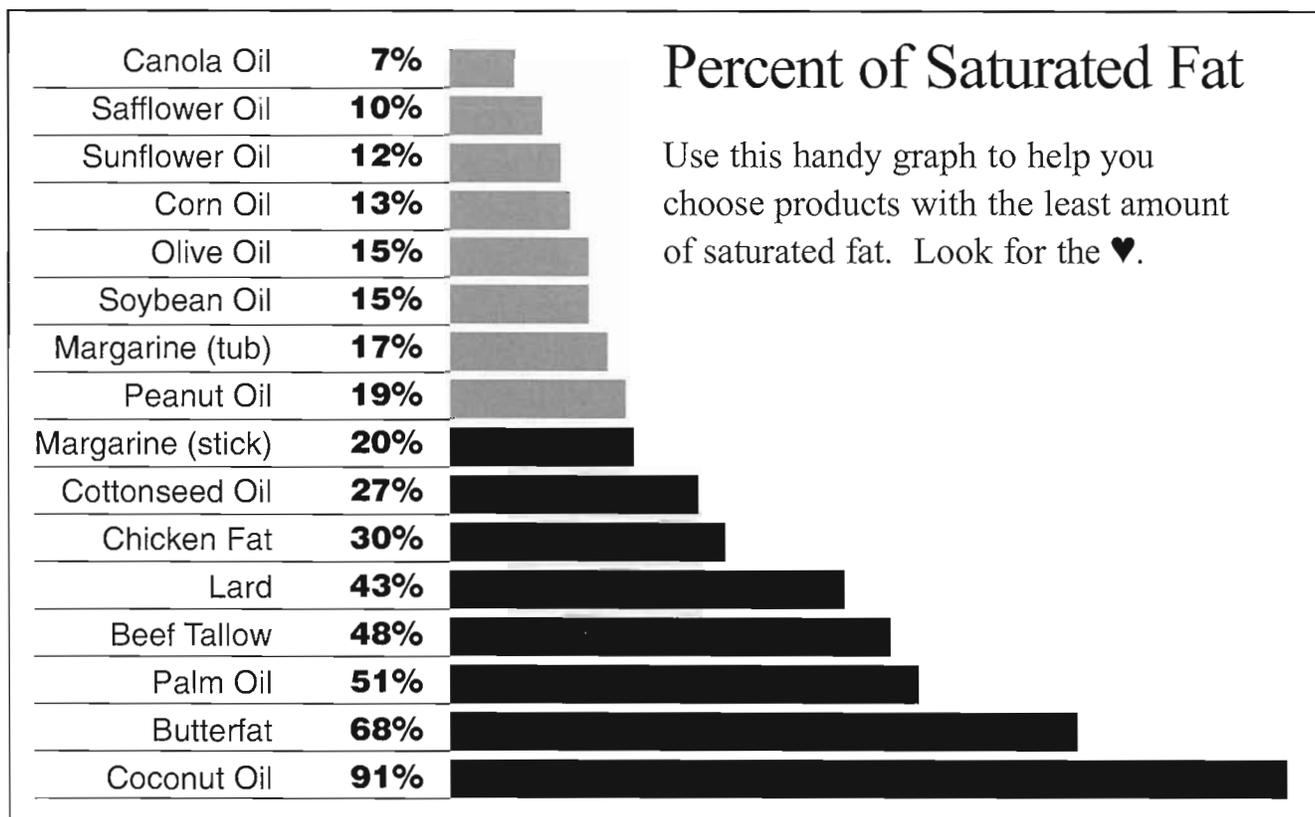
Canola, corn, olive, safflower,
soybean, and sunflower oils

Tub margarine (especially light
margarine)

**Higher in Saturated Fat—
Choose Less Often**

- Butter
- Solid shortening
- Lard
- Fatback
- Stick margarine

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



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