



# Healthier Fats and Oils

**Choose common fats and oils with less saturated fat.**



Choose **MORE Often**

**Foods LOWER in Saturated Fat**

- Canola oil
- Safflower oil
- Sunflower oil
- Corn oil
- Olive oil
- Sesame oil
- Peanut oil
- Soft tub margarine

Choose **LESS Often**

**Foods HIGHER in Saturated Fat**

- Coconut oil
- Butter
- Beef fat
- Palm oil
- Pork fat (lard)
- Chicken fat
- Shortening