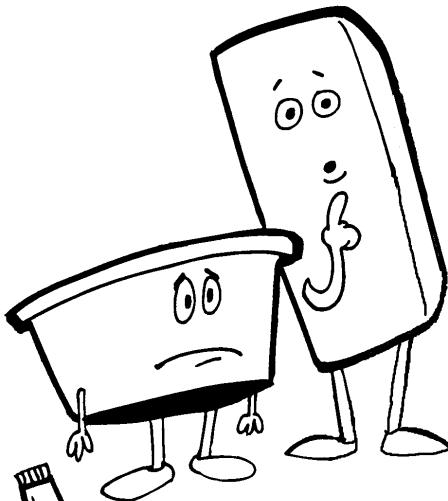


Name _____

OILS & FATS FUN

KNOW YOUR FATS!



**Oils and fats can be confusing to know.
One liquid, one solid, to both say, whoa!**

**They are not a food group, let's underscore,
With these foods, less is much better than more.**



**Calories are high, one hundred twenty
Per each tablespoon is more than plenty!**

**Wonder what they are? Let's quickly review.
While your body needs some, don't overdo!**

**Salad dressings, butter, margarine, too,
Mayonnaise, even olive oil, it's true.**



**Some foods we eat
are rich in solid fat,
Like cheese, ice cream
and milk, imagine that.**

**Recommended Daily Amounts:
4-5 teaspoons**

- Choose oils and fats that come from fish, nuts and vegetables
- Limit solid fats like butter and margarine
- Most likely you get all of the oils and fats you need in the foods you eat



**Limit your solid fats, it's what to do.
Oils from fish and plants are better for you.**

**When eating oils and fats please understand,
Tiny amounts are your very best plan.**