

Right Bite: Consuming the **Right Fats**, But not too Much

► Learn how to cut fat and cholesterol from your diet by consuming the right fats as part of the Right Bite: Setting the Table for Healthy Eating series. Adults and teens will discover fun ways to make tasty changes to their diet and easy changes to their physical activity.



When comparing products, add both the saturated and trans fats to find the least amount of harmful fat.



Use trans fat-free tub or soft margarine instead of butter or stick margarine.



If your cholesterol is high, try margarine with plant sterol or stanols.

Healthier Unsaturated Fats

- Canola, olive, and peanut oils
- Flaxseed and oil
- Other vegetable oils
- Trans fat-free liquid or tub margarines
- Nuts
- Fatty fish such as tuna, salmon, and sardines

Less Healthy Saturated and Trans Fats

- Foods with partially hydrogenated vegetable oils
- Coconut, palm, and palm kernel oil
- Any animal fat including lard, fatback, lunch meat, fatty beef or pork cuts, sausage, and bacon
- Poultry skin
- Full fat dairy foods such as whole milk, cheese, regular sour cream, butter, and cream

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For more information, contact your county Extension office. Visit www.aces.edu/directory.

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