

Healthy Fats & Oils

Fats and oils are concentrated sources of energy (calories). That’s why it is important to choose small servings of fats with the most nutritional benefit.

CHOOSE mostly plant-based fats, such as seeds, nuts, seed and nut butters, canola oil, olive oil, and avocado. These foods contain more healthy, unsaturated fats.

LIMIT animal sources of fat (red meat, processed meats, butter, whole-milk dairy). These foods contain more unhealthy, saturated fats.

AVOID all trans fats. They are found in processed foods as “hydrogenated oils” and “partially hydrogenated oils” and are not considered safe.

Added Fats & Oils	1 teaspoon counts for:
Vegetable oils (e.g., olive, canola, corn, peanut)	• 1 teaspoon
Soft-tub margarine, trans fat-free	• 1 teaspoon
Mayonnaise Low-fat mayonnaise-type dressing	• 1 teaspoon • 1 tablespoon
Italian-type dressing Low-fat Italian-type dressing	• 1 tablespoon • 2 tablespoons
Olives	• 8 large
Avocado	• 1/5 of medium