



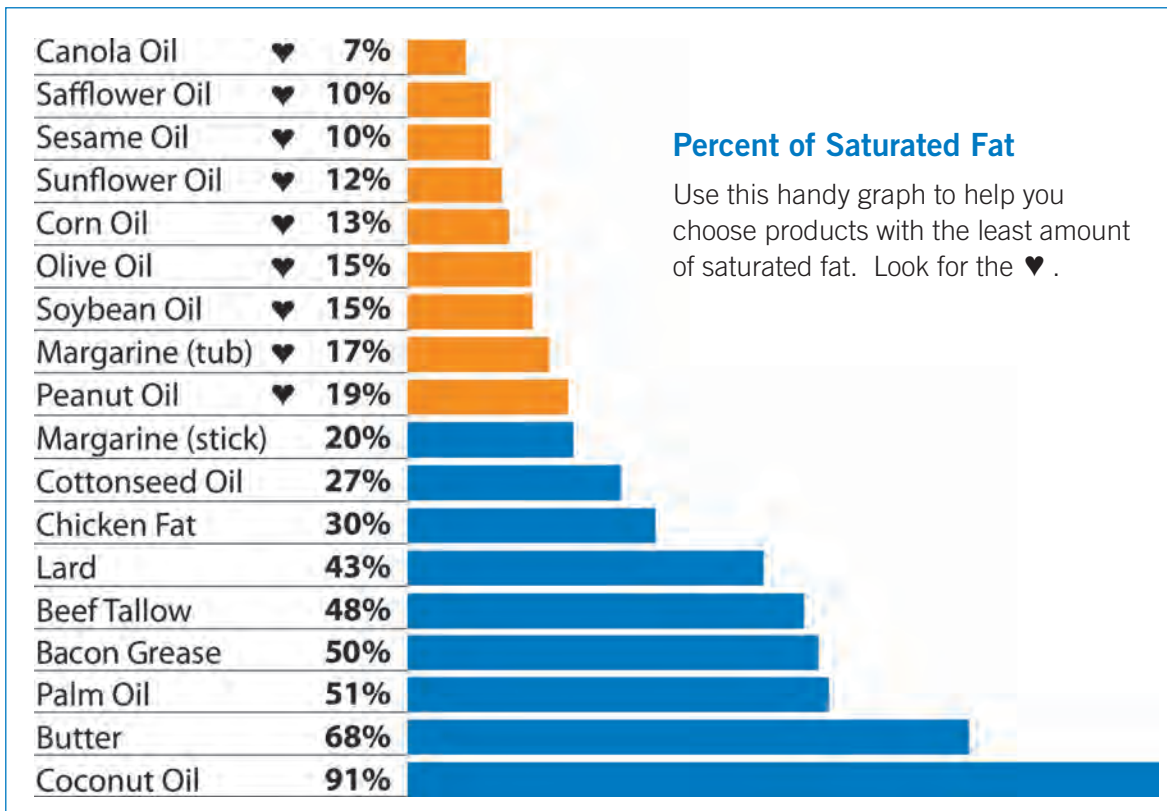
## Fats and Oils To Choose

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

Lower in Saturated Fat— Choose <u>More</u> Often	Higher in Saturated Fat— Choose <u>Less</u> Often
<ul style="list-style-type: none"> <li>♥ Canola, corn, olive, safflower, soybean, and sunflower oils</li> <li>♥ Tub margarine (especially light margarine)</li> </ul>	<ul style="list-style-type: none"> <li>• Butter</li> <li>• Solid shortening</li> <li>• Lard</li> <li>• Fatback</li> <li>• Stick margarine</li> </ul>

### Read the Food Label To Choose Foods

Lower in Saturated Fat, *Trans* Fat, and Cholesterol!



Adapted from the "With Every Heartbeat Is Life: A Community Health Worker's Manual for African Americans," produced by the National Heart, Lung, and Blood Institute, and the Canola Council of Canada, "Canola Oil Dietary Fat" ([www.canola-council.org/PDF/dietarychart.pdf#zoom=100](http://www.canola-council.org/PDF/dietarychart.pdf#zoom=100)). July 19, 2007.