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NUTRITION AND YOU...HEALTHY FATS

FOOD FOR THOUGHT

Healthy fats are found naturally in foods such as fish, nuts, seeds, and most oils. Healthy fats, also known as unsaturated fats, are liquid at room temperature. Examples of healthy fats are olive, canola, and soybean oil. Less healthy fats, or saturated fats, are solid at room temperature. Lard, butter, and margarine are examples of less healthy fats. Healthy fats can be used to replace less healthy fats when preparing food, and they taste good! Try them in salad dressings, sauces, and when baking and cooking.

SHOP SMART

Buy fewer food products containing coconut, palm, and partially hydrogenated oil because these fats are less healthy. When shopping for healthy fats check the expiration date on the label. Do not purchase products in large containers unless you can consume them before they spoil.

EAT HEALTHY

Healthy Fats are:

- A good source vitamin E
- Low in saturated fats
- A major source of polyunsaturated and monounsaturated fats



KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food
- Keep healthy fats in tightly sealed containers
- Store healthy fats in a cupboard away from heat and light

Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

Light Italian Dressing

Ingredients:

- ½ teaspoon garlic powder or 1 minced garlic clove
- 1 teaspoon Italian herb mix
- 1 tablespoon parmesan cheese
- ¼ teaspoon ground black pepper
- ½ teaspoon celery salt
- ½ cup vinegar
- ¼ cup vegetable oil or olive oil
- ½ cup water

Instructions:

1. Combine all ingredients in a pint-sized jar with tight fitting lid.
2. Shake vigorously to blend ingredients.
3. Store in refrigerator.

Nutrition Facts – Light Italian Dressing

Cost: Per Recipe: \$ 1.32 Per Serving: \$ 0.17

Serving Size: 2 Tablespoons (1/8 of recipe, 38 g)

Calories: 70 Calories from Fat: 60

| Per Serving | % Daily Value* |
|---------------------|----------------|
| Total Fat – 7 g | 11% |
| Saturated Fat – 1 g | 5% |
| Dietary Fiber – 0 g | 0% |
| Sodium – 80 mg | 3% |
| Sugars – 0 g | |
| Protein – 0 g | |

*Percent daily value
Based on a 2,000
calorie diet. Your
daily values may
be higher or lower
depending on your
caloric needs.

FOCUS ON FITNESS

If it's cold outside, there are still ways to be active. Choose inside activities like basketball, yoga, and dancing. Visit your local library to borrow exercise DVDs or music CDs.

REMEMBER:

For a quick, healthy snack, choose nuts or seeds.



REFERENCES

- United States Department of Agriculture, choosemyplate.gov/
- Centers for Disease Control and Prevention fruitsandveggiesmatter.gov
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- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992
- United States Department of Agriculture, SNAP-Ed Connection, recipefinder.nal.usda.gov/

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