

# ChooseMyPlate – Oils (Key)

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## What are Oils?

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Oils are NOT a food group, but they provide essential nutrients. Therefore, oils are included in USDA food patterns.

List a few commonly eaten oils.

1. <b>Answers will vary</b>	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

## How Are Oils Different from Solid Fats?

All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids.

Solid fats contain more **saturated fats** and/or **trans fats** than oils.

Oils contain more **monounsaturated (MUFA)** and **polyunsaturated (PUFA)** fats.

Saturated fats, trans fats, and cholesterol tend to raise **“bad” (LDL) cholesterol levels** in the blood, which in turn **increases the risk for heart disease**.

To lower risk for heart disease, cut back on foods containing **saturated fats, trans fats, and cholesterol**.

## Why Is it Important to Consume Oils?

Oils are not a food group, but they do provide **essential nutrients** and are therefore included in USDA recommendations for what to eat.

Note that only **small amounts** of oils are recommended.

## How Much is My Allowance for Oils?

Some Americans consume enough oil in the foods they eat, such as:

- nuts
- fish
- cooking oil
- salad dressings

Others could easily consume the recommended allowance by substituting oils for some solid fats they eat. A person's allowance for oils depends on age, sex, and level of physical activity.

<b>Daily Recommendation*</b>		
<b>Children</b>	2-3 years old	<b>3 teaspoons</b>
	4-8 years old	<b>4 teaspoons</b>
<b>Girls</b>	9-13 years old	<b>5 teaspoons</b>
	14-18 years old	<b>5 teaspoons</b>
<b>Boys</b>	9-13 years old	<b>5 teaspoons</b>
	14-18 years old	<b>6 teaspoons</b>
<b>Women</b>	19-30 years old	<b>6 teaspoons</b>
	31-50 years old	<b>5 teaspoons</b>
	51+ years old	<b>5 teaspoons</b>
<b>Men</b>	19-30 years old	<b>7 teaspoons</b>
	31-50 years old	<b>6 teaspoons</b>
	51+ years old	<b>6 teaspoons</b>

\*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

## How Do I Count the Oils I Eat?

List the amount of oils in some common foods.

	<b>Amount of Food</b>	<b>Amount of Oil</b>	<b>Calories from Oil</b>	<b>Total Calories</b>
	<b>Answers will vary</b>			