

ChooseMyPlate – Oils

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.	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 _____ and/or _____ than oils.

Oils contain more _____ and _____ fats.

Saturated fats, trans fats, and cholesterol tend to raise _____ in the blood, which in turn _____.

To lower risk for heart disease, cut back on foods containing _____.

Why is it Important to Consume Oils?

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

Note that only _____ 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.

Daily Recommendation*		
Children	2-3 years old	
	4-8 years old	
Girls	9-13 years old	
	14-18 years old	
Boys	9-13 years old	
	14-18 years old	
Women	19-30 years old	
	31-50 years old	
	51+ years old	
Men	19-30 years old	
	31-50 years old	
	51+ years old	

*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.

	Amount of Food	Amount of Oil	Calories from Oil	Total Calories