



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 allowances are shown in the chart.

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

*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.