



Oil Group ↑

Exploring “MyPyramid”

Know Your Fats

Why are oils important to health?

Oils are liquid fats that contain “fatty acids.” The body needs some fatty acids to keep us healthy. They’re called “essential fatty acids.” Oils are a major source of vitamin E, which acts as an “antioxidant.” Antioxidants are protective chemicals that lower our risk for heart disease and cancer.

Where is oil found in foods?

Oil is found in nuts, fish, vegetable oil and salad dressing. Most people get enough oil through the foods they eat regularly.

How should I select oil at the grocery store?

Read Nutrition Facts labels and compare! Choose oils that are high in monounsaturated and polyunsaturated fats and low in saturated fat.

Where should oil be stored? How long does oil last?

To maintain quality and help prevent off-flavors, store oils in a cool, dark place. For best quality, use within one year of purchase (six months after opening).

How much oil do I need?

This chart at right shows the “daily allowance” for oil for males and females at different ages. These amounts are for people who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.

Remember that oils contain calories. A tablespoon of oil contains about 120 calories. Too many calories from any source can add up to weight gain over time.

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

Try this example:
 Using the chart, what is the daily allowance for a 35-year-old male?

Answer: 6 teaspoons



Visit
www.mypyramid.gov
 for more information.

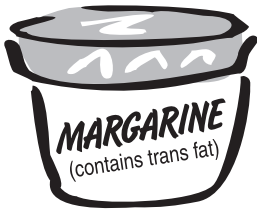
Can you substitute vegetable oil for solid fat in recipes?

Yes, but use one-fourth less oil than the amount of solid fat that recipes require. For example, if a recipe calls for 1 cup solid shortening, use $\frac{3}{4}$ cup oil in place of the solid fat. Substitution doesn't work well for all recipes, though.

To prepare a pie crust with oil, use a recipe that specifically calls for oil.

Is "trans fat" the same as saturated fat? Where is it found?

Trans fat and saturated fat are different chemically. Trans fat and saturated fat can raise LDL cholesterol levels, which is not healthy for your heart.



Trans fat is found in some types of solid fats, such as shortening and margarine, and foods made from them, including pastries and cookies.

Beginning in January 2006, Nutrition Facts labels on foods will include information about trans fats. Try to limit both trans fat and saturated fat.

Here's a lower fat way to enjoy fried potatoes.

Oven Fries

- 4 medium potatoes
- 1 Tbsp. vegetable oil
- Paprika (optional)
- Grated Parmesan cheese (optional)



Wash potatoes, but don't peel; slice into $\frac{1}{2}$ -inch thick strips. Blot dry with paper towels; toss potatoes with oil in a bowl until coated. Sprinkle with paprika if desired. Spread on baking sheet and bake at 450 degrees for 20 to 25 minutes. Toss with Parmesan cheese (optional).

Makes eight servings. Each serving has 195 calories, 36g carbohydrate and 3.5g fat.

Menu idea . . .

Oven Fries, meatloaf, baked squash, celery sticks, apple crisp and low-fat milk

Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

