

The Facts about Fats



Fat is stored energy in our body.

Our body does need some fat, but not too much.



We get fats from both  and  sources.

Healthy fat is found in nuts, avocados, olive oil and fish.

It is best to eat low fat foods such as nonfat or 1% milk, lean meat, lean poultry, fish and nuts.

Now here is your "fat" challenge:

1. What color is the 1% milk cap? _____
2. Name 2 different kinds of nuts: _____
3. This tasty dish comes from the ocean. It can be sold fresh, canned or frozen: _____ (Hint: You'll find me in the seafood department)
4. Find and name 2 different kinds of oil:

