CHOOSE HEALTHIER OILS

GET THE SKINNY ON GOOD FAT VS. BAD FAT

CHOOSE: Unsaturated oils that are plant-based and/or liquid at room temperature, including olive, sunflower, soybean, and canola oils.

AVOID: Oils that are animal-based and/or solid at room temperature (cooking oil, butter, lard, coconut oil).

REPLACE Saturated fats with healthier oils from seeds, nuts, fish, and vegetables; health benefits include lowered risks for heart disease, type 2 diabetes, stroke, cancer, and depression.

NEVER CONSUME TRANS FATS. THEY ARE FROM PARTIALLY HYDROGENATED VEGETABLE OILS. THEY'RE FOUND IN MARGARINE, SNACK FOODS, AND Packaged BAKED GOODS, AND CAN BE VERY HEALTHY. THEY'RE BEING BANNED FROM THE U.S.

SELECT: Extra virgin olive oil; it's the healthiest oil for dressings and dressing. It's high in omega-3 fatty acids and has high levels of monounsaturated fats (the kind you want).

WHAT UCR DINING IS DOING

- We rely on plant-based oils in all of our restaurants.
- Baked goods made in our residential restaurants are trans-fat free.
- Butter is used sparingly and mainly as a flavor enhancer.
- We always offer healthy options, including a variety of olive oils.