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 (shortening, 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...even depression.