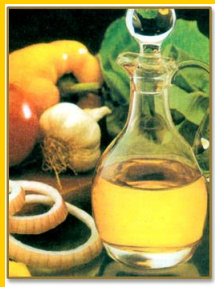


Oils

- Know your fats
- Make most of your fat sources from fish, nuts, and vegetable oils



- Limit solid fats like butter, stick margarine, shortening, and lard

- Women aged 19-30 need about 6 teaspoons
- Men aged 19-30 need about 7 teaspoons
- Vegetable oils—1 Tbsp. = 3 teaspoons
- Mayo—1 Tbsp. = 2 and 1/2 teaspoons
- Peanut Butter—2 Tbsp. = 4 teaspoons

Source: www.brown.edu

Meats & Beans

- Go lean on protein
- Choose low-fat or lean meats and poultry



- Women aged 19-30 need about 5 and 1/2 ounces
- Men aged 19-30 need about 6 and 1/2 ounces
- Bake it, broil it, or grill it
- Vary your choices—more fish, beans, peas, nuts & seeds
- 1 ounce = 1 ounce of meat, poultry or fish
- 1/4 cup cooked dry beans
- 1 egg
- 1 Tbsp. Peanut Butter

Source: www.brown.edu