

## Fats and oils make your body and skin feel good!

Fats and oils **make your body and skin feel good!** There are nutrients, called essential fatty acids that are very important to keeping the **body healthy and feeling good**. In addition to offering essential fatty acids, fats and oils also provide Vitamin E, a vitamin that keeps cells strong, **helps to protect the body**. Fats and oils are also important for brain development and thus **keep the brain healthy**. Children must consume adequate fats and oils to ensure they receive the essential fatty acids and vitamin E that will help them grow.

**Fats and oils  
make your  
body and skin  
feel good!**

Consuming fats and oils is important to **making the body and skin feel good**, and fats and oils are also **provide you with energy**. However, consuming too much fat and oils can be unhealthy. When children consume too many fats and oils they may get more calories than needed. Making sure children get enough fat but not too much is the key.

**Fats and oils  
help to protect  
your body!**

Also, choose healthy fats, which are liquid at room temperature such as monounsaturated fats found in items such as olive, canola oil, and avocados. These fats reduce the risks of developing heart disease and prevent cancer development. Polyunsaturated fats found in vegetable oil also are healthy. Saturated and trans fats, the least healthy fats, are solid at room temperature; and are found in butter and margarine. While solid fats consumed in small amounts are not a risk to healthy children, frequently consuming large amounts has been linked to the development of heart disease and some type of cancers later in life. You can learn further information on the different types of fats by visiting the Center for Disease Control website at <http://www.cdc.gov/nutrition/everyone/basics/fat/index.html>.

MyPyramid recommendations for children's consumption of fats and oils are 3 to 4 teaspoons per day. Identifying appropriate amounts of fat from foods that are needed to **make the body and skin feel good** can be challenging, as fats and oils are often found in other food groups. To help identify the location of fats and oils in food visit the MyPyramid website, which provides information on oils, along with what counts as a teaspoon of oil.

**Fats and oils  
keep your  
body healthy !**

To learn more about oils, go to <http://www.choosemyplate.gov/foodgroups/oils.html>, a link to the MyPlate website.

When you offer healthy fats and oil in the recommended amounts, you are giving them foods that will:

**Fats and oils help to keep your brain healthy!**

Make your body and skin feel good!  
Keep your body healthy!  
Protect your body!  
Keep your brain healthy!  
Provide you with energy!

**CDC links to:**

<http://www.cdc.gov/nutrition/everyone/basics/fat/index.html>

How much total fat do I need?

Trans Fats

Saturated Fat

Cholesterol

Polyunsaturated fats and monounsaturated fats

**MyPlate links to:**

<http://www.choosemyplate.gov/foodgroups/oils.html>

What are oils?

What is the difference between oils and solid fats?

Why is it important to consume oils?

What is my allowance?

What counts as a teaspoon?