

## Information for Trainers on Fats and Oils

The learner will be able to:

1. Describe the key nutrients found in fats and oils.
2. Describe how the nutrients in fats and oils benefit the body.
3. Recognize the difference between saturated fats and trans fats from monounsaturated fats and polyunsaturated fats.
4. Identify the recommended intake of fats and oils.
5. Identify foods that are high in fat.

| Healthy Fats & Oils Group |                                                                                                                                                                                                                                                                                                                                                                 |
|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Child Centered Phrases    | <ul style="list-style-type: none"> <li>• <b>Make your body and skin feel good!</b></li> <li>• <b>Keep your body healthy!</b></li> <li>• <b>Protect your body!</b></li> <li>• <b>Keep your brain healthy!</b></li> <li>• <b>Provide energy!</b></li> </ul>                                                                                                       |
| Food Specific Phrases     | <ul style="list-style-type: none"> <li>• Oil in fish keeps you from getting sick, &amp; keeps the heart and brain healthy.</li> <li>• Avocados keep your heart healthy.</li> <li>• Olive oil keeps your heart healthy.</li> </ul>                                                                                                                               |
| Nutrients                 | <ul style="list-style-type: none"> <li>• Fat (helps induce fullness during meals, &amp; provides a source of energy for the body)</li> <li>• Essential fatty acids (needed to make various body compounds &amp; protect DNA)</li> <li>• Vitamin E (maintains cells membranes, protects cells from oxidation, &amp; aids in red blood cell formation)</li> </ul> |
| Adult Centered Phrases    | <ul style="list-style-type: none"> <li>• Vitamin E helps slows aging.</li> <li>• Fat is necessary for the absorption of fat soluble vitamins.</li> <li>• Oils, butter, avocados supply essential fatty acids.</li> </ul>                                                                                                                                        |

### CDC links to:

How much total fat do I need?  
Trans Fats  
Saturated Fat  
Cholesterol  
Polyunsaturated fats and monounsaturated fats

### MyPlate links to:

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?

**Fats keep  
your body  
healthy!**