

# HEALTHY CHOICES - FATS & OILS

	Lard/Bacon	Lard/Bacon	Regular stick Margarine	Reduced fat Margarine	Fat-free Margarine	Olive Oil	Canola Oil	Other Veggie Oils
Spreading	X	X	X	♥	♥			
Baking	X	X	X	♥		♥	♥	♥
Frying	X	X	X			♥	♥	♥
Salad Dressing						♥	♥	♥



Heart Heathy Choices



Fats to Avoid

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