I thought all fats were bad for you. But some types of fats are okay in the right amounts. I learned the fats I should use are oils like:

- Canola oil
- Corn oil
- Olive oil
- Soybean oil
- Safflower oil
- Sunflower oil
- Oils in fish, nuts, and seeds

Some types of fats are better to limit. These fats are:

- Butter
- Lard
- Stick margarine
- Fat on meats and poultry
- Trans fats that are in a lot of prepared foods like some cakes, cookies, crackers, pies, donuts, stick margarines, fried foods, chips, and solid vegetable shortening.

The nutrition educator helped me learn how to read the Nutrition Facts label to see what was in the food I bought.

- I learned to eat small amounts of fat, even oils. They are high in calories.
- I also watch the sugar my family gets. I pick food and drinks that are low in sugar. Sugars add calories to foods and not much else that we need. Some foods that are often high in sugars are sodas, candies and sweets, and fruit drinks.
- One other thing I check on the Nutrition Facts label is the amount of sodium (salt). I try to buy canned foods that are low in sodium.