

# Fats & Oils

## Newsletter

Dear Parents,

This newsletter is to let you know that we are teaching your child about **Fats and Oils**. We consider it important to involve *you* in the nutrition and healthy living learning process so that your child can practice the information learned in class and continue these healthy habits at home. Learn about the *What, Why* and *How* of **Fats and Oils** and encourage a healthier lifestyle for your family that can last for a lifetime. For more information on Fats and Oils, please visit: [www.mentorprojectfiu.com](http://www.mentorprojectfiu.com)

### WHAT can we do?

- Know your fats! Saturated or “bad” fats are usually solid at room temperature. Unsaturated or “good” fats are usually liquid (oil) at room temperature.
- Recognize your fats! Common solid fats include animal fat, dairy fat, butter, shortening, etc. Liquid fats or “good” fats include vegetable oils, fish, nuts, peanut butter, avocado, etc.
- Try to eat *less* fat and, when possible, replace solid fats with oils or other sources of healthy fats.

### WHY should we care?

- Diets high in fats, especially solid fats, can put you at risk for diseases like heart disease later on in life.
- All fats, good or bad, are high in calories and can add to unwanted weight gain.

### HOW can we do it?

- Choose lean proteins like seafood & skinless chicken.
- Trim the fat and skin from meats.
- Switch whole fat dairy products for low fat or fat-free dairy products.
- Choose baking, grilling and broiling over frying when cooking.

### Try it at Home!

#### Homemade Yogurt Parfait

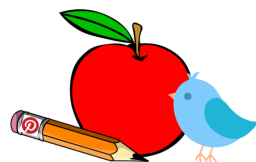
##### Ingredients:

1. ½ cup low-fat vanilla yogurt
2. 1 teaspoon almond butter
3. ½ teaspoon raisins
4. ½ teaspoon sunflower seeds
5. ½ teaspoon granola

##### Directions:

Mix the yogurt and almond butter together and then add the rest of the ingredients into the mix.

*Change it up!* Pick and choose other ingredients to add based on your preferences.



M.E.N.T.O.R. Project



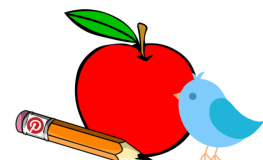
United States  
Department of  
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National Institute  
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# Classroom News



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## A Note from the Teacher...



## Home Activity COLOR IN THE HEALTHY FATS!

