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Oils

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OILS

The U.S. Department of Agriculture’s Dietary Guidelines recommend getting about 10 percent of our total calories from healthful oils. Good sources of oils include fish, nuts, and vegetable oils. Consult the chart below to see how much oil you should eat each day.

<table>
<thead>
<tr>
<th>Recommended Daily Calories</th>
<th>Recommended Amount of Oil Per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,000</td>
<td>3 teaspoons</td>
</tr>
<tr>
<td>1,200-1,400</td>
<td>4 teaspoons</td>
</tr>
<tr>
<td>1,600-1,800</td>
<td>5 teaspoons</td>
</tr>
<tr>
<td>2,000-2,200</td>
<td>6 teaspoons</td>
</tr>
<tr>
<td>2,400</td>
<td>7 teaspoons</td>
</tr>
<tr>
<td>2,600-2,800</td>
<td>8 teaspoons</td>
</tr>
<tr>
<td>3,000</td>
<td>10 teaspoons</td>
</tr>
<tr>
<td>3,200</td>
<td>11 teaspoons</td>
</tr>
</tbody>
</table>

I need about ____ teaspoons of oil every day.

Why do we need oils?

Oils are a type of fat. The body needs fat to function normally. Fat:

- Provides energy
- Improves the taste of food
- Gives a feeling of fullness
- Aids in the absorption of fat-soluble vitamins (A, D, E, and K)
- Insulates and protects internal organs
- Provides essential fatty acids for growth and many body processes

When counting calories, there is no difference between fats. All fats have 9 calories per gram. One teaspoon of oil provides 4 grams of fat and 36 calories.

Unsaturated fats

Different types of fat affect the body’s health in different ways. Oils are usually unsaturated fats. Unsaturated fats:

- Are liquid or soft at room temperature
- May help lower blood cholesterol and risk of heart disease when used in place of saturated fats
- Include monounsaturated and polyunsaturated oils
Sources of unsaturated fat include:

A. Polyunsaturated fats:
   - safflower
   - sesame seeds
   - sunflower seeds
   - corn
   - soybeans
   - nuts
   - seeds

B. Monounsaturated fats:
   - canola oil
   - olive oil
   - peanut oil
   - avocados

Watch out for tropical oils!
Coconut oil, palm kernel oil, palm oil, and cocoa butter are tropical oils. Unlike other plant oils, they contain a lot of saturated fatty acids. Coconut oil contains 92 percent, palm kernel oil has 82 percent, and palm oil has 50 percent. The high content of saturated fatty acids in these oils can increase blood cholesterol levels and the risk for heart disease. Tropical oils are found mostly in packaged cakes, cookies, and salty “snack foods.”