

What are oils?

Oils are liquid at room temperature. They come from many different plants and from fish. Some foods are high in oils, like nuts, olives, and avocados.

Some common oils are:

- canola oil
- corn oil
- olive oil
- safflower oil
- soybean oil
- sunflower oil

What are solid fats?

Fats are solid at room temperature. They come from animal products and can be made from vegetable oils. Fats from animals contain cholesterol. Some common solid fats are:

- butter
- beef fat (tallow, suet)
- chicken fat
- pork fat (lard)
- stick margarine
- shortening

What's the difference?

Solid fats contain more saturated fats and/or *trans* fats than oils. Saturated fats, *trans* fats, and cholesterol increase the risk for heart disease. On the other hand, oils provide vitamin E and other nutrients and do not increase the risk for heart disease. Choose oils more often and solid fats less often.

What is my allowance?

Most people consume enough oil in the foods they eat. While some oil is needed for health, it still contains calories. The amount of oil consumed should be limited to prevent weight gain.

