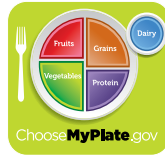




**10 tips**  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
**Dietary Guidelines**  
for Americans

# Choose MyPlate

**Use MyPlate to build your healthy eating style and maintain it for a lifetime.** Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

**1 Find your healthy eating style**  
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

**2 Make half your plate fruits and vegetables**  
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

**3 Focus on whole fruits**  
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



**4 Vary your veggies**  
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



**5 Make half your grains whole grains**  
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



**6 Move to low-fat or fat-free milk or yogurt**  
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



**7 Vary your protein routine**  
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



**8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars**  
Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



**9 Drink water instead of sugary drinks**  
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

**10 Everything you eat and drink matters**  
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

## EAT HEALTHY YOUR WAY

All the flavor—with healthy fats, less salt, and less sugar! Check off the tips you will try.

Pick Healthy Fats and Still Keep the Flavor	
Instead of ...	✓ I will ...
Frying in butter, stick margarine, lard, or shortenings	<input type="checkbox"/> Bake, broil, grill, or boil. <input type="checkbox"/> Stir-fry or sauté with cooking spray in a nonstick pan. Or use vegetable oils like canola, corn, olive, peanut, or soybean.
Choosing whole milk, full-fat cream cheese, or full-fat hard cheeses	<input type="checkbox"/> Drink fat-free or 1% milk. <input type="checkbox"/> Choose fat-free or low-fat cream cheese and low-fat or reduced-fat hard cheeses.
Choosing full-fat sour cream or full-fat cottage cheese	<input type="checkbox"/> Choose fat-free or reduced-fat sour cream or fat-free plain yogurt. <input type="checkbox"/> Eat fat-free or low-fat (1%) cottage cheese.
Choosing fattier cuts of meat	<input type="checkbox"/> Take the skin off chicken and turkey pieces before cooking them. <input type="checkbox"/> Eat lean cuts of ground meat, at least 92% lean/8% fat. Try lean cuts of meat like sirloin, tenderloin, round steaks, and roasts. Look for 99% fat-free ground turkey breast or ground chicken breast.
Lower Salt, Not Taste!	
Instead of ...	✓ I will ...
Buying already prepared meals and processed meats (such as cold cuts, hot dogs, and sausages)	<input type="checkbox"/> Make more meals using fresh, lean meats and fresh, frozen, or low-sodium canned vegetables.
Eating frozen or delivery pizza	<input type="checkbox"/> Make veggie pizza at home using fresh vegetables, a small amount of cheese, and no-salt-added tomato sauce.
Choosing regular canned vegetables	<input type="checkbox"/> Choose canned vegetables that are labeled “no salt added.” <input type="checkbox"/> Buy fresh veggies or frozen vegetables without sauces. Use herbs to add flavor. <input type="checkbox"/> Look at the Nutrition Facts label and choose the can lower/lowest in sodium.
Adding salt to foods for flavor	<input type="checkbox"/> Season foods with herbs, spices, chiles, lime or lemon juice, and vinegar.
Lower Sugar, and Still Satisfy Your Sweet Tooth!	
Instead of ...	✓ I will ...
Choosing sweet breakfast cereals	<input type="checkbox"/> Choose whole-grain cereals that don't have frosting or added sugars. <input type="checkbox"/> Choose fat-free yogurt or fat-free cottage cheese. Add fresh fruit and a few almonds for extra flavor and crunch.
Drinking sugary soft drinks and juice drinks	<input type="checkbox"/> Drink water or unsweetened iced tea with lemon juice.
Eating big portions of sweet desserts	<input type="checkbox"/> Eat a piece of fresh fruit—yummy! <input type="checkbox"/> Split a small dessert with a friend.
Choosing canned fruit packed in syrup	<input type="checkbox"/> Choose canned fruits without added sugars. <input type="checkbox"/> Choose fresh or frozen fruit.

# Find Someone Who ...

## Eating Healthy Most of the Time + Physical Activity = Good Health



Has a home-cooked dinner on most nights	Made half their plate fruit and vegetables today	Plays outside with their kids or grandchildren	Has fruit for dessert often
Chooses fat-free or low-fat milk and dairy products	Doesn't drink soda	Chooses whole-grain products when available	Engaged in aerobic exercise 3 times last week
Feels good after exercising	Works in the garden	Avoids salty foods like lunch meats or hot dogs	Takes a brisk walk on most days
Avoids oversized portions	Did exercises like push-ups and planks last week	Likes 100% frozen fruit bars	Regularly reads the Nutrition Facts label

# Vary Your Fruits and Veggies

Choose fresh, frozen, and canned produce to meet your daily goals.

**Choose from all the color groups. Check out what each color can do for you.**

## Red

- Improved memory
- A healthy heart
- Lower risk for some cancers



## Orange/Yellow

- Sharp vision
- A healthy heart
- Strength to fight off colds and illness
- Lower risk for some cancers



## White

- A healthy heart



## Green

- Sharp vision
- Strong bones and teeth
- Lower risk for some cancers



## Blue/Purple

- Good memory
- Healthy aging
- Lower risk for some cancers



**Eat different parts of the plant that appeal to your tastes.**

## Seeds

Lima beans, pinto beans, pumpkin seeds, black beans, peas, dry split peas, corn



## Roots

Beets, onions, carrots, parsnips, potatoes, radishes, rutabaga, sweet potatoes, jicama



## Stems

Asparagus, bamboo shoots, bok choy, broccoli, celery, rhubarb



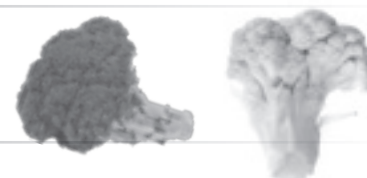
## Leaves

Brussels sprouts, parsley, cabbage, spinach, collards, turnip greens, kale, chard, lettuce, endive, watercress



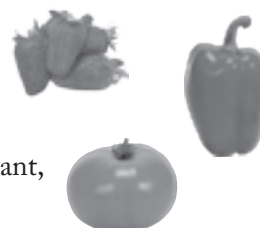
## Flowers

Broccoli, cauliflower



## Fruit

Apples, avocados, grapes, cucumbers, bananas, pumpkins, bell peppers, dates, grapefruit, berries, eggplant, plums, melons, oranges, strawberries, tomatoes



## ▶ WHAT COUNTS AS 1 CUP?

Each food shown below counts as 1 cup of fruit or vegetables.

### ▶ FRUITS

Many people need to eat 2 cups from the fruits group each day.\*



1 cup of chopped fruit like fruit cocktail counts as 1 cup



½ cup of dried fruit like raisins counts as 1 cup



1 large banana counts as 1 cup



32 red seedless grapes count as 1 cup



1 cup (8 ounces) of 100% fruit juice counts as 1 cup

### ▶ VEGETABLES

Many people need to eat 2½ cups from the vegetables group each day.\*



2 cups of leafy greens like raw spinach counts as 1 cup



1 large sweet potato counts as 1 cup



12 baby carrots count as 1 cup



1 cup of cooked black beans counts as 1 cup



1 cup of cooked vegetables like green beans counts as 1 cup

\*The amounts are for a person on a 2,000-calorie daily food plan. The amount of fruits and vegetables may vary depending on the age, gender, and physical activity level of each person.

To find the right amount of fruits and vegetables for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).

# MAINE PRODUCE SEASON AVAILABILITY

A publication of the Maine Department of Agriculture, Conservation and Forestry, Agricultural Resource Development Division, 28 State House Station, Augusta, ME 04333-0028, 207-287-7625, getrealmaine@maine.gov and www.getrealmaine.com

**FRUIT** JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES												
BLACKBERRIES												
BLUEBERRIES, HIGHBUSH												
BLUEBERRIES, WILD												
CANTALOUPES												
CRANBERRIES												
GRAPES												
PEACHES												
PEARS												
PLUMS												
RASPBERRIES												
RHUBARB												
STRAWBERRIES												
WATERMELON												
<b>VEGETABLES</b>												
ARUGULA												
ASPARAGUS												
BEANS (SNAP, WAX)												
BEANS (DRY)												
BEETS												
BEET GREENS												
BOK CHOY												
BROCCOLI												
BRUSSEL SPROUTS												
CABBAGE												
CHINESE CABBAGE												
CARROTS												
CAULIFLOWER												
CELERY												
CHARD												
CORN (SWEET)												
CUCUMBERS												
EGGPLANT												
FIDDLEHEADS												
GARLIC												
KALE/COLLARDS												
LEEKS												
LETTUCE/SPINACH/MIXED GREENS												
MORELS												
MUNG BEANS												
MUSHROOMS (CULTIVATED)												
ONIONS (BULB)												
PARSLEY												
PARSNIP												
PEAS (SHELL)												
PEAS (EDIBLE POD)												
PEPPERS												
POTATOES												
PUMPKINS												
RADISHES												
RUTABAGA												
SCALLIONS												
SHALLOTS												
SQUASH (SUMMER, ZUCCHINI)												
SQUASH (WINTER)												
SWEET POTATOES												
SWISS CHARD												
TOMATOES												
TURNIP												

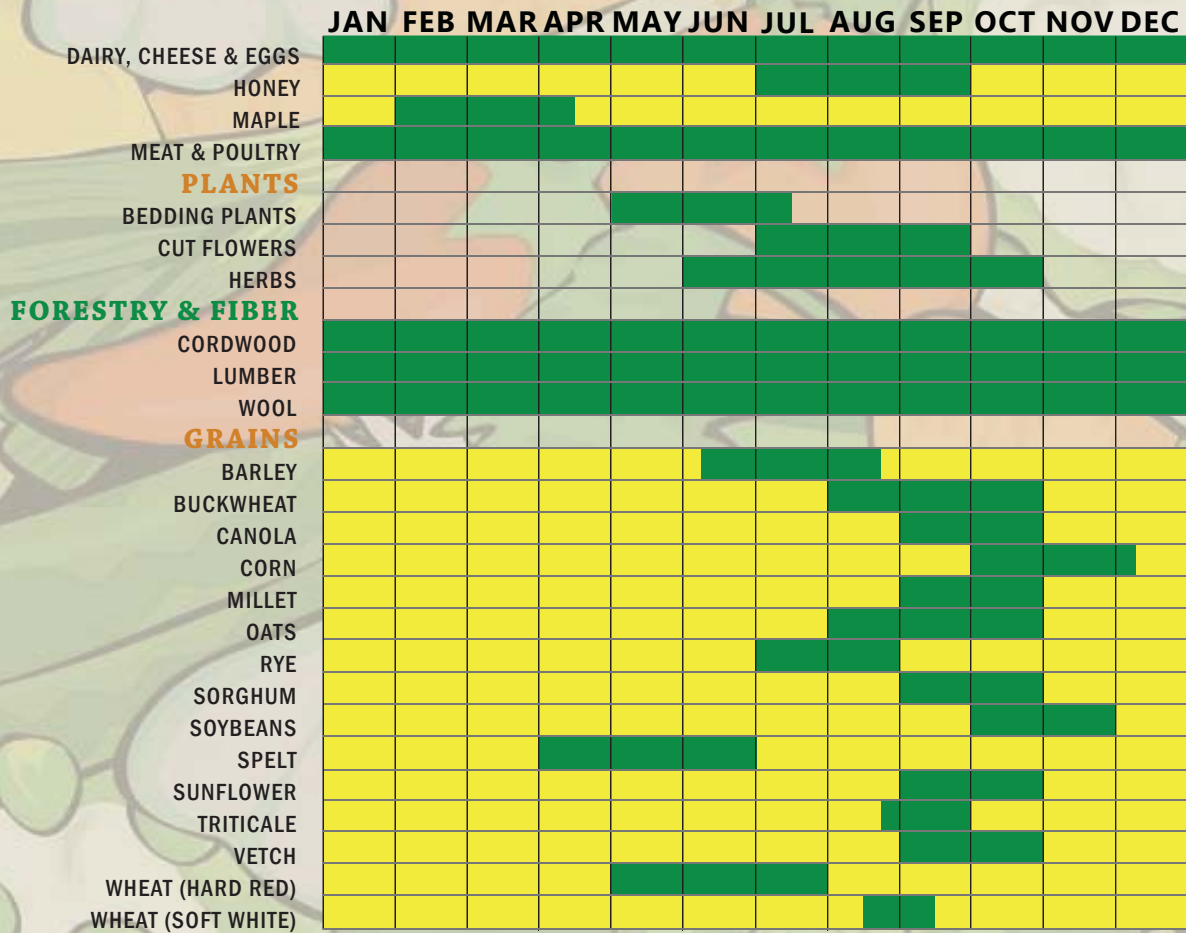
**Key**

- HARVEST SEASON
- EXTENDED SEASON OR FROM GREENHOUSE
- AVAILABLE FROM STORAGE



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**Key**

HARVEST SEASON
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Please note: the bars represent average dates for the state of Maine. Availability of products can vary widely based upon weather, locality, variety grown and other conditions such as pests or disease outbreak. This chart is meant to serve as a guideline for the purchase of fresh, wholesome Maine-grown products. Look for the *Get Real. Get Maine!* logo at your local grocery store, farmer's market or farm stand.

**For more information on Maine produce, growing techniques and resources, please visit the following websites:**

Maine Department of Agriculture, Conservation and Forestry: Division of Animal and Plant Health:  
<http://www.maine.gov/dacf/php/index.shtml>

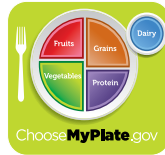
UMaine Cooperative Extension: Agriculture:  
<http://umaine.edu/agriculture/programs/>

UMaine Cooperative Extension: Grains & Oilseeds:  
<http://umaine.edu/grains-oilseeds/>

Johnny's Selected Seeds: Grower's Library:  
<http://www.johnnyseeds.com/t-growers-library-index.aspx>

The Great American Seed Company: Vegetable Gardening Basics:  
<http://www.greatamericalseed.com/vegetable-gardening-basics/>

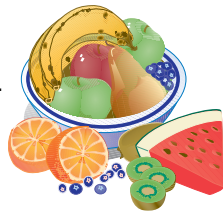




# Focus on fruits

**Eating fruit provides health benefits.** People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

**1** **Keep visible reminders**  
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



**2** **Experiment with flavor**  
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

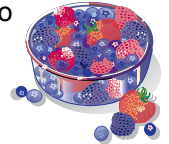
**3** **Think about variety**  
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



**4** **Don't forget the fiber**  
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

**5** **Include fruit at breakfast**  
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

**6** **Try fruit at lunch**  
At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.



**7** **Enjoy fruit at dinner, too**  
At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

**8** **Snack on fruits**  
Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

**9** **Be a good role model**  
Set a good example for children by eating fruit every day with meals or as snacks.

**10** **Keep fruits safe**  
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.







# 10 tips

Nutrition Education Series

# add more vegetables to your day

## 10 tips to help you eat more vegetables

**It's easy to eat more vegetables!** Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, we're encouraging them as snacks as well, not just meals.

### 1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

### 2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with a hummus dip, or in a veggie wrap.



### 3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

### 4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, green beans, or spinach to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

### 5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



### 6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, carrots, or watercress. Your salad will not only look good but taste good, too.



### 7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

### 8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

### 9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



### 10 try something new

Choose a new vegetable that you've never tried before. Find recipes online at [www.WhatsCooking.fns.usda.gov](http://www.WhatsCooking.fns.usda.gov).

**10 tips**  
**Nutrition Education Series**

# make half your grains whole grains



## 10 tips to help you eat whole grains

**Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product.** Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

### 1 make simple switches

To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.



### 2 whole grains can be healthy snacks

Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.



### 3 save some time

Cook extra brown rice or whole-wheat pasta when you have time. Refrigerate half to heat and serve later in the week as a quick side dish.

### 4 mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.



### 5 try whole-wheat versions

For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.

### 6 bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in your favorite pancake or waffle recipes. To limit saturated fat and added sugars, top with fruit instead of butter and syrup.

### 7 be a good role model for children

Set a good example for children by serving and eating whole grains every day with meals or as snacks.

### 8 check the label for fiber

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.



### 9 know what to look for on the ingredients list

Read the ingredients list and choose products that name a whole-grain ingredient **first** on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” or “whole rye.”

### 10 be a smart shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain **any** whole grain.





**MyPlate**  
**MyWins**

# Meal planning for one

Cooking for one can be challenging—most recipes and sales are meant for more than one person. Use the tips below to help when you're cooking for one.



## Freeze extra portions

Is the package of meat, poultry, or fish too big for one meal? Freeze the extra in single servings for easy use in future meals.



## Cook once, eat twice

Making chili? Store leftovers in small portions for an easy heat-and-eat meal. Serve over rice or a baked potato to change it up!



## Sip on smoothies

A smoothie for one is easy! Blend fat-free or low-fat yogurt or milk with ice, and fresh, frozen, canned, or even overripe fruits.



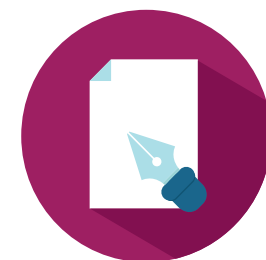
## Order at the deli counter

Deli counters offer small quantities. Ask for a quarter pound of roasted poultry and 2 scoops of bean salad or marinated vegetables.



## Use a toaster oven

Small, convenient, quick to heat! They're perfect for broiling fish fillets, roasting small vegetables, or heating up a bean burrito.



## List more tips

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# Reduce Your Sodium (Salt) Intake

- Read the Nutrition Facts labels to choose foods that are lower in sodium.
- When purchasing canned foods, select those labeled as “reduced sodium,” “low sodium,” or “no salt added.” Rinse regular canned foods to remove some sodium.
- Gradually reduce the amount of sodium in your foods. Your taste for salt will change over time.
- Consume more fresh food and few processed foods that are higher in sodium.
- Eat more home-prepared foods, where you have more control over sodium, and use little or no salt or salt-containing seasonings when cooking or eating foods.
- When eating at restaurants, ask that salt not be added to your food or order lower-sodium options, if available.

## Tips for Using Herbs and Spices (Instead of Salt)



Basil	Use in pastas, soups, salads, vegetables, fish, and meats.
Chili Powder	Use in soups, stews, salads, vegetables, and fish.
Cinnamon	Use in salads, vegetables, breads, and snacks.
Cloves	Use in soups, salads, and vegetables.
Dill Weed and Dill Seed	Use in fish, soups, salads, and vegetables.
Garlic	Use in soups, vegetables, meats, chicken, and stir-fries.
Ginger	Use in soups, salads, vegetables, meats, and stir-fries.
Marjoram	Use in soups, salads, vegetables, beef, fish, and chicken.
Nutmeg	Use in vegetables, meats, and snacks and in breads in place of sugar.
Oregano	Use in pastas, soups, salads, vegetables, meats, and chicken.
Parsley	Use in pastas, salads, vegetables, fish, and meats.
Rosemary	Use in pastas, salads, vegetables, fish, and meats.
Sage	Use in soups, salads, vegetables, meats, and chicken.
Thyme	Use in salads, vegetables, fish, and chicken.

**Note:** To start, use small amounts of these herbs and spices to see whether you like them.

**Resource:** <http://www.choosemyplate.gov/healthy-eating-style>

# vary your protein routine



## 10 tips for choosing protein

**Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources.** We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces\* of protein foods each day depending on overall calorie needs.

**1 vary your protein food choices**  
Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

**2 choose seafood twice a week**  
Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



**3 make meat and poultry lean or low fat**  
Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

**4 have an egg**  
One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains saturated fat, so have as many egg whites as you want.

**5 eat plant protein foods more often**  
Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



**6 nuts and seeds**  
Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

**7 keep it tasty and healthy**  
Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

**8 make a healthy sandwich**  
Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



**9 think small when it comes to meat portions**  
Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a "petite" size steak.

**10 check the sodium**  
Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

\* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

# Know Your Fats

Fats and oils are vital to our health — but not all fats are created equal.



## What you need to know about the fats we eat:

	Unsaturated	Saturated	Trans
<b>Are these fats good for you?</b>	<b>Yes.</b> <ul style="list-style-type: none"> <li>Lower “bad” cholesterol (LDL)</li> <li>Lower your risk of heart disease and stroke</li> <li>Provide fats your body needs, like omega-3 fatty acids</li> </ul>	<b>No.</b> <ul style="list-style-type: none"> <li>Raise your “bad” cholesterol (LDL)</li> <li>Raise your risk of heart disease and stroke</li> </ul>	<b>No.</b> <ul style="list-style-type: none"> <li>Raise your “bad” cholesterol (LDL)</li> <li>Lower your “good” cholesterol (HDL)</li> <li>Raise your risk of heart disease and stroke</li> </ul>
<b>Which foods contain these fats?</b>	<ul style="list-style-type: none"> <li>Vegetable oils (like olive oil, canola oil, or sunflower oil)</li> <li>Avocados</li> <li>Peanut butter</li> <li>Fatty fish</li> <li>Many nuts and seeds</li> </ul>	<ul style="list-style-type: none"> <li>Many animal foods (like fatty beef, poultry with skin, lard, cream, butter, cheese, and whole milk)</li> <li>Baked goods</li> <li>Fried foods</li> <li>Coconut oil</li> </ul>	<ul style="list-style-type: none"> <li>Baked goods such as:               <ul style="list-style-type: none"> <li>Pastries</li> <li>Pie crusts</li> <li>Biscuits</li> <li>Cookies</li> <li>Crackers</li> <li>Stick margarines</li> <li>Shortenings</li> </ul> </li> </ul>
<b>How much should you eat each day?</b>	Most of the fat you eat should be unsaturated.	Limit the amount of saturated fats you eat each day.	Avoid <i>trans</i> fats.

## Use these steps to limit unhealthy fats:

- For protein, choose lean cuts of meat or poultry. Or, choose non-meat proteins like fish, beans, lentils, nuts, and seeds.
- Cook meats by roasting, grilling, or stir-frying. Avoid deep-frying.
- Read labels. Choose foods with less saturated fat and no *trans* fats.
- Read the ingredients list. Avoid foods that list “hydrogenated” or “partially hydrogenated” oils.
- Watch out for baked goods, crackers, margarines, and shortenings. They often contain *trans* fat.