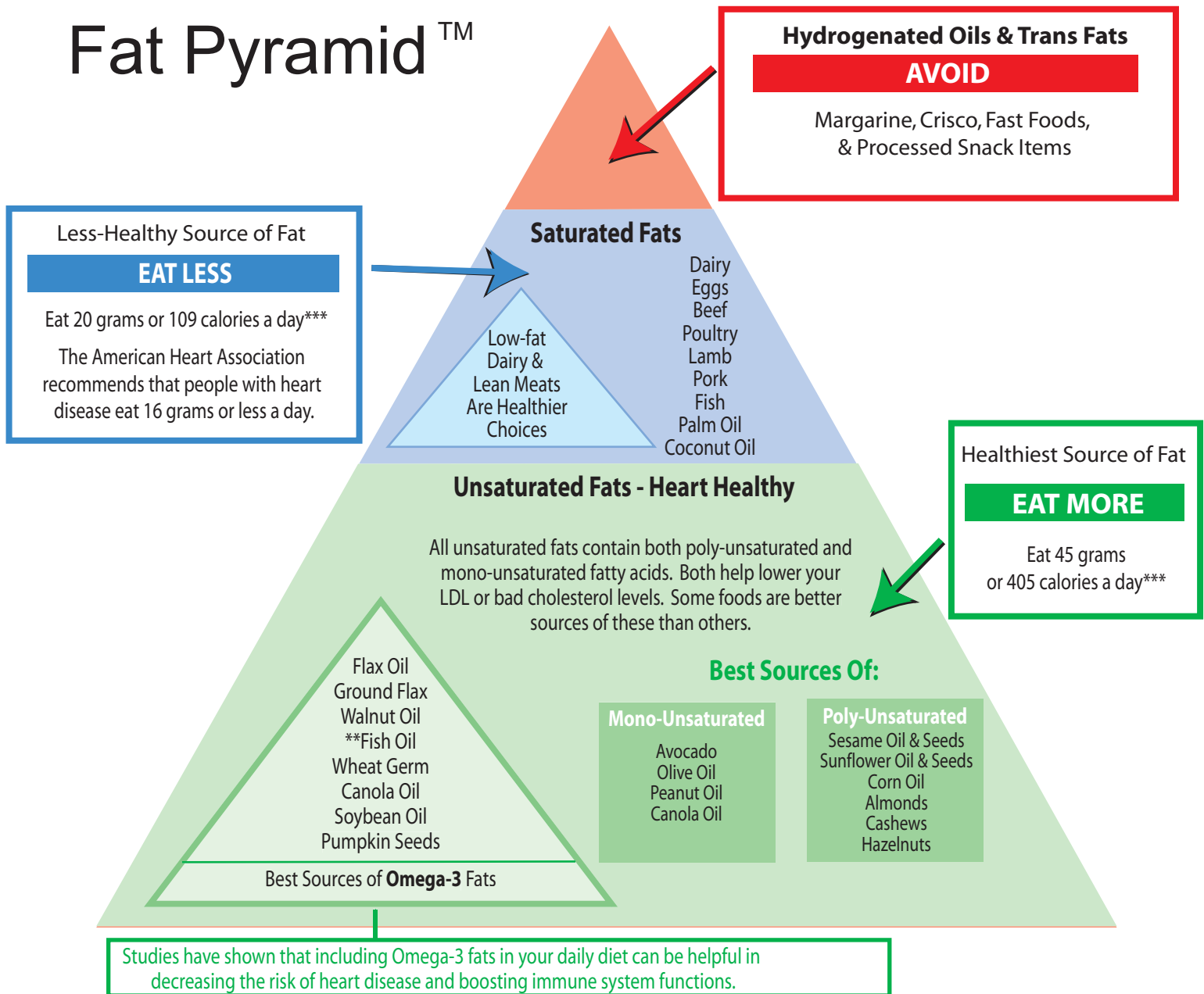


# Fat Pyramid™



## FAT FACTS

- Fat is an essential nutrient that our bodies need for:  
Energy, warmth, building blood cells, brain development and absorbing certain vitamins
- Some fats are healthier for our bodies than others.  
Some fats reduce our risk of heart disease, while other fats increase our risk of heart disease.
- Eat all fats in moderation in order to maintain a healthy body weight and prevent obesity.
- The USDA recommends that persons on a 2,000 calorie a day diet consume up to 65 grams of fat a day; at least 45 grams or more coming from unsaturated fats and 20 grams or less from saturated fats.
- Hydrogenated and Trans-Fats are not recommended; avoid or eat sparingly.

\*\*sardines, herring, salmon, crab, trout, shrimp, clams, anchovies are best fish sources of Omega-3

\*\*\*based on 2,000 calories a day. 1 gram of fat = 9 calories