

‘NUTRITIONAL TIPS’

BALANCING FATS AND OILS

Cutting back on fat? Getting enough fat? How do you find a happy balance?

Fat is an important part of a healthful eating plan. It provides energy, fat-soluble vitamins, essential fatty acids and it makes food taste good. The tricky part is the fine line between enough and too much.

It is also important to choose the more healthful--unsaturated fats. Unsaturated fats can help lower blood cholesterol, but only when used in moderate amounts and in place of saturated fats.

To reduce your intake, switch to oils and margarines made from liquid oil. Try to limit hydrogenated oils which have more saturated fat. Once you have switched the type, use the [pyramid](#) to make the right food choices to achieve a balance.

Eat well and enjoy!

**“Welcome Aboard!”
“Enjoy The Ride!”**

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