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SP655-F-Food Groups in Focus - Oil

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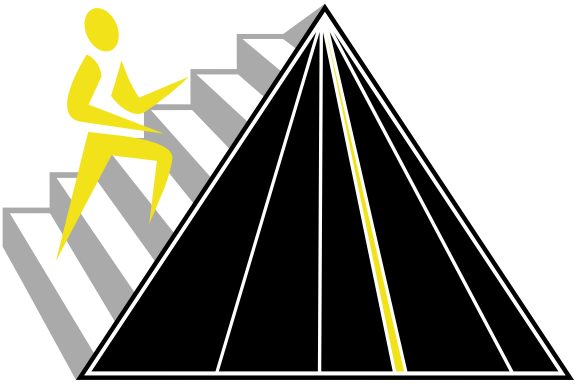
Focus on Fats



Oils
Know your fats

Age	Recommended Daily Allowances* (teaspoons)
2 to 3 years	3
4 to 8 years	4
9 to 13 years	5
14 to 18 years	Female: 5
	Male: 6
19 to 30 years	Female: 6
	Male: 7
31 to 50 years	Female: 5
	Male: 6
51+ years	Female: 5
	Male: 6

*These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.

What counts as 1 teaspoon of oil?

In general, 1 teaspoon of oil is 1 teaspoon of vegetable oil, 1 tablespoon of regular salad dressing, slightly more than 1 teaspoon of soft margarine or mayonnaise, 1/3 ounce of nuts and 1½ teaspoons peanut butter.

Food	Amount of Food	Amount of Oil
Oils		
Vegetable oils (canola, corn, cottonseed, olive, peanut, safflower, soybean and sunflower)	• 1 Tablespoon	• 3 teaspoons
Foods Rich in Oils		
Margarine, soft (trans fat free)	• 1 Tablespoon	• 2½ teaspoons
Mayonnaise	• 1 Tablespoon	• 2½ teaspoons
Mayonnaise-type salad dressing	• 1 Tablespoon	• 1 teaspoon
Italian dressing	• 2 Tablespoons	• 2 teaspoons
Thousand Island dressing	• 2 Tablespoons	• 2½ teaspoons
Olives, ripe, canned	• 4 large	• ½ teaspoon
Avocado*	• ½ medium	• 3 teaspoons
Peanut butter*	• 2 Tablespoons	• 4 teaspoons
Peanuts, dry roasted*	• 1 ounce	• 3 teaspoons
Mixed nuts, dry roasted*	• 1 ounce	• 3 teaspoons
Cashews, dry roasted*	• 1 ounce	• 3 teaspoons
Almonds, dry roasted*	• 1 ounce	• 3 teaspoons
Hazelnuts*	• 1 ounce	• 4 teaspoons
Sunflower seeds*	• 1 ounce	• 3 teaspoons

*Avocados are part of the fruit group, nuts and seeds are part of the meat and beans group.

Source: USDA Center for Nutrition Policy and Promotion, visit MyPyramid.gov on the Web.
Released by Janie Burney, PhD, RD, Associate Professor, Family and Consumer Sciences

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