



OMB Number 0584-0535

Food Groups

What are "oils"?

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Some common oils are:

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

Some oils are used mainly as flavorings, such as walnut oil and sesame oil. A number of foods are naturally high in oils, like:

- nuts
- olives
- some fish
- avocados

Foods that are mainly oil include mayonnaise, certain salad dressings, and soft (tub or squeeze) margarine with no *trans* fats. Check the Nutrition Facts label to find margarines with 0 grams of *trans* fat. Amounts of *trans* fat will be required on labels as of 2006. Many products already provide this information.



Most oils are high in monounsaturated or polyunsaturated fats, and low in saturated fats. Oils from plant sources (vegetable and nut oils) do not contain any cholesterol. In fact, no foods from plants sources contain cholesterol.

A few plant oils, however, including coconut oil and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered to be solid fats.

Solid fats are fats that are solid at room temperature, like butter and shortening. Solid fats come from many animal foods and can be made from vegetable oils through a process called hydrogenation. Some common solid fats are:

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

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Inside The Pyramid

Discretionary Calories

What are "solid fats"?

Solid fats are fats that are solid at room temperature, like butter and shortening. Solid fats come from many animal foods and can be made from vegetable oils through a process called hydrogenation. Some common solid fats are:

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

Foods high in solid fats include:

- many cheeses
- creams
- ice creams
- well-marbled cuts of meats
- regular ground beef
- bacon
- sausages
- poultry skin
- many baked goods (such as cookies, crackers, donuts, pastries, and croissants)

In some cases, the fat in these foods is invisible. Regular cheese and whole milk are high in solid fat, even though it is not visible.

Most solid fats are high in **saturated fats** and/or **trans fats** and have less monounsaturated or polyunsaturated fats. Animal products containing solid fats also contain cholesterol.

In contrast to solid fats, oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Some common oils:

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

Some oils are used mainly as flavorings, such as walnut oil and sesame oil. A number of foods are naturally high in oils, such as:

- nuts
- olives
- some fish
- avocados

A few plant oils, including coconut oil and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered solid fats.

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Inside The Pyramid

Discretionary Calories

How are solid fats different from oils?

Solid fats contain more **saturated fats** and/or **trans fats** than oils. Oils contain more monounsaturated (MUFA) and polyunsaturated (PUFA) fats. Look for foods that are low in saturated fats, *trans* fats and cholesterol, to help reduce your risk of heart disease. *Trans* fats can be found in many cakes, cookies, crackers, icings, margarines, and microwave popcorns. Foods containing partially-hydrogenated vegetable oils usually contain *trans* fats.

Saturated fats, *trans* fats, and cholesterol tend to raise "bad" (LDL) cholesterol levels in the blood, which in turn increases the risk for heart disease. To lower risk for heart disease, cut back on foods containing saturated fats, *trans* fats and cholesterol.

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Inside The Pyramid

Discretionary Calories

What are "added sugars"?

Added sugars are sugars and syrups that are added to foods or beverages during processing or preparation. This does not include naturally occurring sugars such as those that occur in milk and fruits.

Foods that contain most of the added sugars in American diets are:

- regular soft drinks
- candy
- cakes
- cookies
- pies
- fruit drinks, such as fruitades and fruit punch
- milk-based desserts and products, such as ice cream, sweetened yogurt and sweetened milk
- grain products such as sweet rolls and cinnamon toast

Reading the ingredient label on processed foods can help to identify added sugars. Names for added sugars on food labels include:

- brown sugar
- corn sweetener
- corn syrup
- dextrose
- fructose
- fruit juice concentrates
- glucose
- high-fructose corn syrup
- honey
- invert sugar
- lactose
- maltose
- malt syrup
- molasses
- raw sugar
- sucrose
- sugar
- syrup

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