

Fats

Foods in this group contain mainly fat and very little carbohydrate or protein. Fats must be counted in addition to carbohydrate and protein units according to the Trim Kids Nutrition Plan Portion Control Table. Each serving in this group averages 50 calories and 5 grams of fat. Items in this food group include:

Better Choices

- Oil (olive, canola, peanut), olives
- Nuts
- Avocado

Other Choices

- Lite margarine (look for liquid vegetable oil as the first ingredient)
- Reduced-fat salad dressings (consume fat-free versions as desired-"free food")
- Reduced-fat mayonnaise (consume fat-free versions as desired-"free food")

Less Healthy Choices (saturated fat)

- Regular margarine (containing hydrogenated or partially hydrogenated vegetable oils)
- Butter
- Bacon
- Sour cream (consume fat-free versions as desired-"free food")
- Cream cheese (consume fat-free versions as desired-"free food")
- Half-and-half