

Choose Healthy Fats

UNSATURATED FATS ARE HEALTHY FATS.

They contain the essential fatty acids needed for good health.

Foods high in UNSATURATED fats:



- Vegetable oils such as canola, corn, olive, peanut, safflower, soybean, and sunflower
- Nuts, nut butters, and seeds*
- Avocados and olives
- Fatty fish such as salmon, canned tuna, mackerel, sardines, and herring



SATURATED FATS SHOULD BE LIMITED.

A diet high in saturated fat increases the risk of heart disease.

For ages 2 years and older, saturated fat should be less than 10 percent of calories per day.

Foods high in SATURATED fats:



- Butter, lard, cream cheese, heavy cream, half and half
- Fatty cuts of beef, pork, and poultry
- Bacon, sausage, hot dogs, bologna
- Whole milk and 2% reduced fat milk
- Cheese, yogurt, and ice cream made with whole milk
- Coconut, coconut oil, palm oil, and palm kernel oil

Healthy Eating Tips

- Eat smaller portions of foods higher in saturated fats and eat them less often.
- Choose packaged foods lower in saturated fats. Look at the Nutrition Facts label to find out the amount of saturated fat and look at the ingredient list to see the type of fats.
- Switch from solid fats such as butter and lard to liquid oils when preparing foods.
- Choose lean or lowfat versions of meats, poultry, milk, cheese, and yogurt.
- Beware of foods advertised as “lowfat” and “fat free.” These foods are not necessarily a healthy choice. For example, lowfat and fat free salad dressings are usually higher in sugar and salt.
- Follow the guidelines in the “Food for Baby’s First Year” and “Toddlers” pamphlets for children from birth to 24 months.

WIC has nutrition and cooking information on the Internet!

Go to wichealth.org. Sign up and complete your profile using the **Family ID** on your WIC Verification of Certification card. Click **Start Lesson** and then choose a lesson. There are a wide variety of lesson topics. Also see **Health eKitchen** for new recipes.

Use All of Your WIC Food Benefits

It is important for you to purchase all of the foods loaded on your WIC EBT card each month. Buy the food within the allowed dates. Use the Florida WIC App on your Smartphone to view information about your WIC food benefits. To get started, visit the App Store or Google Play to install the App or scan the QR code. Use your Florida WIC EBT card to register.



Florida Department of Health
WIC Program
FloridaWIC.org
HealthiestWeightFL.com



*Do not give children under 4 years of age nuts or seeds due to risk of choking. Peanut butter or nut butter should only be given when spread thinly on crackers or toast; or thinned and blended into foods.