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By Helen Frost

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Saturated fat - Wikipedia, the free encyclopedia -

Sweets and baked goods; List of vegetable oils; Trans fat; Food groups; Food guide pyramid; Healthy diet; Frost GS, Moore CS, Chatfield MD, Bluck LJ, Williams

https://en.wikipedia.org/wiki/Saturated_fat

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Fats, Oils and Sweets - Food for Thought - -

Fats, Oils and Sweets . This month we finish our discussion of the Food Guide Pyramid. We will look at the top of the pyramid, the fats, oils, and sweets.

<http://extension.illinois.edu/foodforthought/0303.cfm>

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Fats Oils and Sweets Food Group Guide - Alexander -

Fats Oils and Sweets Food Group Guide. Using fats, oils and sweets sparingly would be a smart health choice. In the food guide pyramid, fats, oils,

<http://www.alexanderevent.com/fats-oils-and-sweets-food-group-guide/>

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Read RPQuiz List -

Reading Practice Quiz List Report. Accelerated Reader : Thursday, 05/12/05, 10:25 AM. Page 1. Goodyear Elementary. Reading Practice Quizzes. ID. 48028 14796 661 7351

<http://www.readbag.com/glynn-k12-ga-us-gdy-media-center-goodyear-rpquiz-list-title>

Thematic Units - Health & Nutrition -

Facts about nutrition, the food pyramid, (The Food Guide Pyramid) by Helen Frost. Fats, Oils, and Sweets (The Food Guide Pyramid)

<http://www.thematicunits.theteacherscorner.net/health.php>

Santa Clara University - The Wellness Center - The -

At the top of the pyramid are foods you should eat only Oils, and Sweets Fats and oils are essential nutrients to maintain body function but should be used

<http://www.scu.edu/wellness/topics/nutrition/foodpyramid.cfm>

Health Benefits of Sweets + Fats: Essential Fatty -

Because oils contain the essential fatty acids linoleic acid and alpha-linolenic acid, there is an allowance for oils in the MyPlate food guide.

<http://www.healthyeating.org/Healthy-Eating/All-Star-Foods/Sweets-Fats.aspx>

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Fats, Oils, and Sweets (Food Guide Pyramid) [Helen Frost] on Amazon.com. *FREE* shipping on qualifying offers. Simple text and photographs show fats, oils,

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List of Foods in the Fats & Sweets Group | -

Aug 15, 2013 The general food group containing fats and sweets is the safflower, sunflower, soybean, corn and sesame oils. The "bad" fats are saturated fats and

<http://www.livestrong.com/article/359910-list-of-foods-in-the-fats-sweets-group/>

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and pictures about Helen Frost at Encyclopedia.com. Make research projects and school reports "FOOD GUIDE PYRAMID Fats, Oils, and Sweets, Pebble

http://www.encyclopedia.com/topic/Helen_Frost.aspx

The Fruit Group by Helen Frost | 9780736848916 | -

The Fruit Group by; Helen Frost; Fats, Oils, and Sweets Carol Parenzan Smalley. Paperback \$5.95. Food Guide Pyramid Series; Pages: 24;

<http://www.barnesandnoble.com/w/fruit-group-helen-frost/1102637803?ean=9780736848916>

Dairy Food Group | Food Pyramid -

What is the Dairy Food Group? Vegetable Food Group; Protein Food Group; Oils; Empty Calories; Food Pyramid Click Here; Advertisement.

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Fats, oils, and sweets (Book, 2000) -

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Are fats oils and sweets a food group - Answers - -

Canola Oil Calories for Weight Loss Everybody needs some good fats in order to maintain essential body function. Not all fats are healthy, however.

http://www.answers.com/Q/Are_fats_oils_and_sweets_a_food_group