

Fats, Oils, And Sweets (Food Guide Pyramid) By Helen Frost

By Helen Frost

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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.

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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>

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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

ISBN: 0736848908 - The Dairy Group (Food Guide -

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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>

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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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

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<http://www.foodpyramid.com/myplate/dairy-food-group/>

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<http://www.tower.com/fats-oils-sweets-helen-frost-hardcover/wapi/101676290>

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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The Grain Group | Capstone Library -

The Food Guide Pyramid. \$63.96 The author, Helen Frost, fruits, dairy products, meats and proteins, and fats, oils and sweets,

<http://www.capstonepub.com/library/products/grain-group-1/>

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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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