

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

By Helen Frost

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

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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

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

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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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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Santa Clara University - The Wellness Center - The -

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

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