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By Helen Frost

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

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.

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

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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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>

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

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>

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http://webserver.lee.k12.nc.us/parents_students/ar/bway_ar.doc

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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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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>

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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>