



## Fats to Avoid and Fats to Limit

Fats to Avoid	Fats to Limit
<p>Chicken skin</p> 	<p>Canola, sunflower, safflower, soybean oil</p> 
<p>Fatback and salt pork</p> 	<p>Nuts, like almonds, cashews, walnuts, pecans</p> 
<p>Meat drippings and grease</p> 	<p>Peanuts and peanut butter</p> 
<p>Fatty meats like mince, viennas, sausages, polonies</p> 	<p>Olives and olive oil</p> 
<p>Lard</p> 	<p>Fish, like albacore tuna, sardines</p> 
<p>High-fat dairy foods, like full-fat cream, cheese, ice cream</p> 	<p>Salad dressings made with oil</p> 
<p>Stick margarine</p> 	<p>Soft (tub) margarine</p> 