

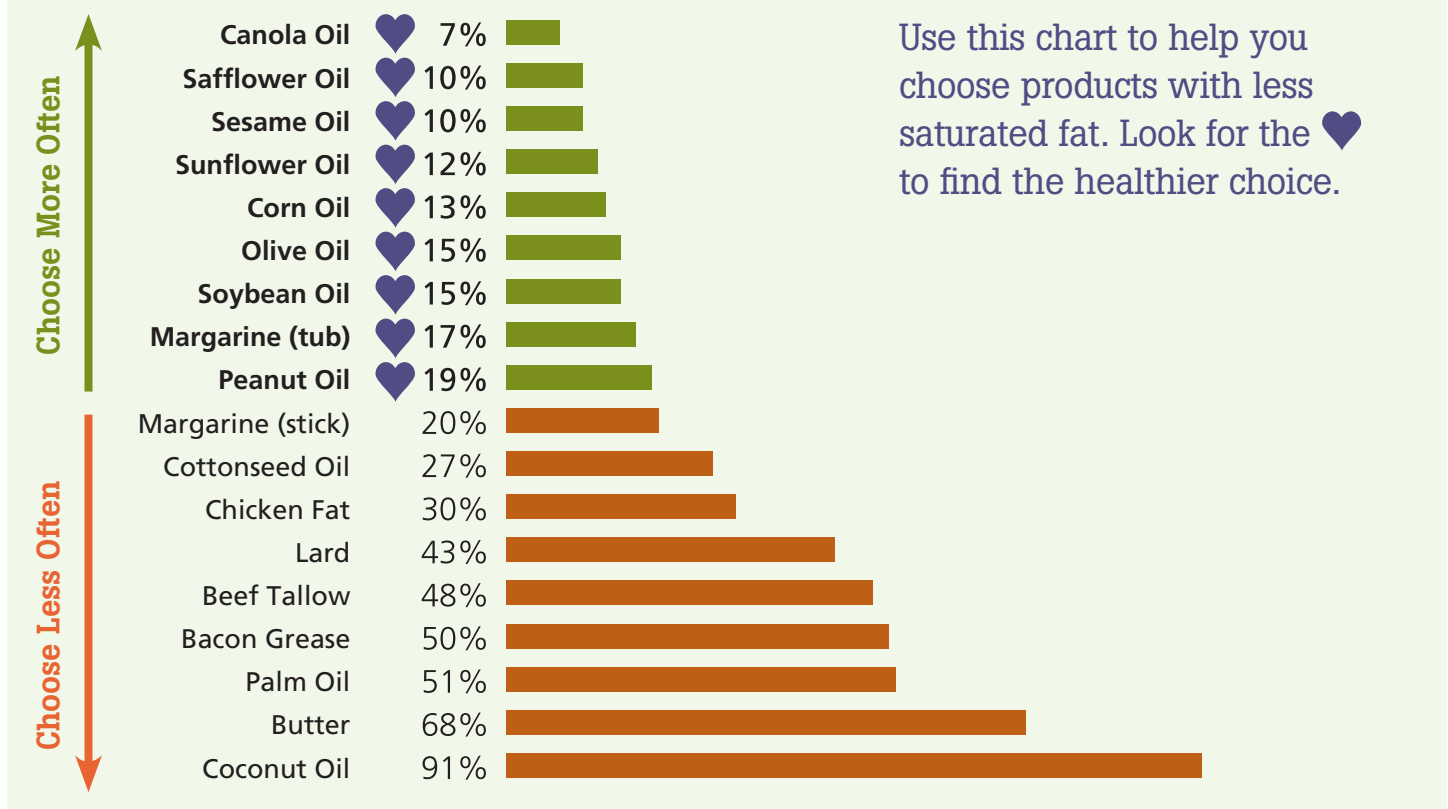
parent tips

Cooking with Healthier Fats and Oils

When you do use fats and oils, choose those with less saturated fat, *trans* fat, and cholesterol.



Percent of Saturated Fat



We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

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