SOFAS: Solid Fats and Added Sugars

Solid Fats
- Solid at room temperature.
- Can be saturated or trans fats.
- Bad for your heart or arteries.
- Found in meat, whole fat dairy foods, shortening, butter, and partially-hydrogenated vegetable oils.

Sugars
- Naturally in fruits and milk.
- Often added to foods during processing, preparation, or at the table.
**Consume Healthy Fats!**

**Healthy Fats are oils.**
**Good sources are:**
- Nuts
- Avocado
- Oily Fish - salmon, trout, mackerel, sardines, albacore tuna, herring
- Vegetable Oils
  - Olive Oil
  - Canola Oil
  - Corn Oil
  - Sunflower Oil

**Use Soft Margarine**
- Tub
- Spray
- Liquid

---

**Reduce Sugar Intake!**

1. When sugar is one of the first three ingredients in a food, do not buy it.
2. Eat fruit for dessert and as a snack.
3. Add little or no sugar to food.
4. Dilute juices with water or diet soda.
5. When you eat candy, choose the snack size.
### Types Of Added Sugars To Look Out For!

- High fructose corn syrup
- Corn syrup
- Malt syrup
- Maple syrup
- Pancake syrup
- White sugar
- Brown sugar
- Honey
- Molasses
- Liquid fructose
- Fructose sweeteners
- Anhydrous dextrose
- Crystal dextrose

### Where are Bad Saturated and Trans Fats?

**Animal products:** The marbling of beef and the fat under the skin of chicken, lamb and pork.

**Dairy products:** Cheese, butter, whole milk and whole milk products.

**Plant products:** Coconut, palm and palm kernel oils.

**Partially-Hydrogenated oils:** Stick margarine and shortening.

---

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

An Equal Opportunity Employer/Affirmative Action Organization

Committed to a Diverse Work Force
SOFAS Word Search

Words to Find

<table>
<thead>
<tr>
<th>ADDED</th>
<th>NATURAL</th>
<th>APPLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUICE</td>
<td>OIL</td>
<td>SYRUP</td>
</tr>
<tr>
<td>SWEETNERS</td>
<td>DRINKS</td>
<td>SUGAR</td>
</tr>
<tr>
<td>MEATS</td>
<td>FATS</td>
<td>SOLID</td>
</tr>
<tr>
<td>DAIRY</td>
<td>CALORIES</td>
<td>SATURATED</td>
</tr>
</tbody>
</table>
Words to Find

<table>
<thead>
<tr>
<th>ADDED</th>
<th>NATURAL</th>
<th>APPLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUICE</td>
<td>OIL</td>
<td>SYRUP</td>
</tr>
<tr>
<td>SWEETNERS</td>
<td>DRINKS</td>
<td>SUGAR</td>
</tr>
<tr>
<td>MEATS</td>
<td>FATS</td>
<td>SOLID</td>
</tr>
<tr>
<td>DAIRY</td>
<td>CALORIES</td>
<td>SATURATED</td>
</tr>
</tbody>
</table>