

Swap Your Fats

Olive oil and other unsaturated, heart-healthy fats are a key part of eating the Med Way.
Use the fat choice continuum to evaluate where you can swap your fats.

Fat choice continuum



Unsaturated Fat

- Generally found in plants or seafood.
- Shown to have health-promoting properties.

Saturated Fat

- Generally found in animal products such as meat, butter, cheese, and milk.
- Not been shown to have health-promoting properties.

Trans Fat

(i.e. partially hydrogenated oils)

- Fat that can be found in processed food, fried food, baked goods, and convenience and freezer food.
- Shown to be harmful to health.



— Snack on Nuts and Seeds —

Add them to foods you already eat. | Top salads, grains, and fruit. | Make them your go-to snack.



Nut Butter Buying Guide

- Read the label.
- Choose a product with minimal ingredients.
- Select a product with minimal added sugar and salt.

Comparing labels

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
Total Fat 16g	21%	Total Carb. 7g	14%	
Sat. Fat 3.5g	18%	Total Sugars 2g	4%	
Trans Fat 0g				
Cholest. 0mg	0%			
Sodium 100mg	4%	Protein 7g	14%	
Calories 190				
* Calcium 2% * Iron 2% * Potassium 4%				
INGREDIENTS: Peanuts, palm oil, salt.				

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We are passionate about peanut butter. Grab a spoon and join us!

For RECIPES, COUPONS & MORE visit www.peanutbutter.com

- Minimal ingredients
- No added sugar (1 gram of sugar is naturally occurring)
- No emulsifier such as palm oil (requires stirring)

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 16g		21%	Total Carb 3g	7%
Sat Fat 3.5g		17%	Total Sugars 3g	6%
Trans Fat 0g			Incl 2g Added Sugars	4%
Cholest 0mg		0%	Dietary Fiber 1g	2%
Sodium 140mg		6%		
Calories per serving 190				
Vit D 0mcg 0% • Calcium 17mg 2% • Iron 1mg 4% • Potas 159mg 4% Vit E 2mg 10% • Niacin 59% 30%				
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a diet.				

INGREDIENTS: MADE FROM ROASTED PEANUTS AND SUGAR, CONTAINS 2% OR LESS OF: PALM OIL, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED OIL, MONO AND DILYCERIDES, SALT.

ASK FOR THE PLAYERS, GET THE STAYS.
STAYS ARE NOT AFFORDABLE
MAINTAINING REPUTATION REQUIRED

SEE US AT THE SHOW. QUESTIONS? COMMENT? 1-800-783-8915

THIS PACKAGE IS RECYCLED

- More ingredients
- Some added sugar (2 grams added sugar, 1 gram naturally occurring)
- Uses palm oil as an emulsifier (does not require stirring)

		% Daily Value		
Total Fat 16g		21%	INGREDIENTS: ROASTED PEANUTS,	
Saturated Fat 3.5g		18%	SUGAR, PALM OIL, PEANUT OIL,	
Trans Fat 0g			HONEY, SALT.	
Cholesterol 0mg		0%	Percent Daily Values are based on a 	
Sodium 140mg		6%	Hormel Foods Sales, LLC	
Total Carbohydrate 9g		3%	11001 Thermal Place, Austin, MN 55122	
Total Sugars 5g		10%	Hormel Foods, LLC	
Includes 4g Added Sugars		8%	ONLY for distribution with FREE	
			coupons and on quantities in 1-800-4-A-FOOD	
			080241414-04	
			GLUTEN FREE	
			Good source of Vitamin E	
Vitamin E 0.0mg	0%	Calcium 0mg	0%	
Iron 0.0mg	0%	Potassium 90mg	2%	
Vitamin E 1.5mg	19%	Niacin 2.4mg	15%	

- More ingredients
- Even more added sugar (4 grams of added sugar, 1 gram naturally occurring)
- Uses emulsifier (does not require stirring)



TO STIR OR NOT TO STIR?

To stir: You can buy nut butters that are just nuts and a little bit of salt. As these products do not contain an emulsifier such as palm oil to keep the components of the nut butter combined, you will need to stir them before each use to mix in any oil that has naturally separated out over time.

Not to stir: If buying a nut butter with an emulsifier such as palm oil, look for a product with minimal added sugar.