



Oil Change

Directions

Mark off an olive for each day that you swap a less healthy fat for a healthier one. Focus on the swap in examples listed below. Successful completion is to make at least one healthy oil change 12 of the 14 days. Remember to use all oils in moderation.



Try These Tips

- Steam vegetables with water instead of oil
- Substitute healthier oils when baking
- Spread some avocado on toast instead of butter
- Use olive oil instead of butter on popcorn

Change for Good

- Can lower cholesterol
- Lowers risk for cardiovascular disease, type II diabetes, stroke, and heart attack
- Helps with inflammation
- Beneficial to cells, nerves, blood clotting, and brain health

Swap in Examples

- Avocado
- Olive Oil (low heat)
- Salmon, Tuna, Fatty Fish
- Olives
- Nuts and Seeds

Swap out Examples

- Fatty Meat
 - Margarine/Shortening
 - Partially Hydrogenated Oils (trans fat)
 - High Fat Dairy
 - Greasy Food
- 