

# LET'S LEARN ABOUT FAT!

You hear a lot of bad things about fat, but **fat** is a nutrient that you need every day. Fat helps your brain develop, keeps your cells healthy, and provides a source of stored energy on your body. Kids ages six to nine need about four to six teaspoons of oils each day. This includes the fats and oils that are already in many of our foods.



The best sources of fat are olive oil, canola oil, olives, avocados, nuts, and the fat found in fish such as salmon, tuna, and sardines.



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