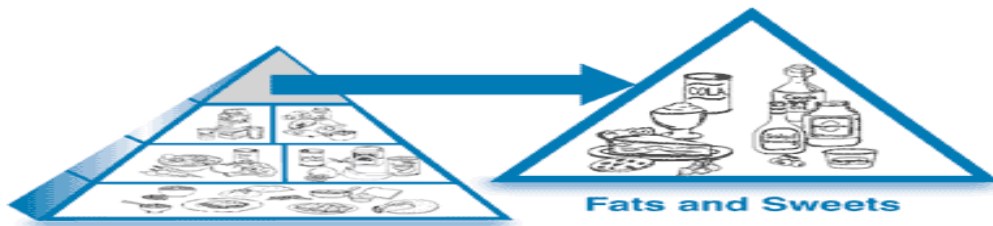


# Fats and Sweets



Examples of fats include

- salad dressing
- oil
- dressing
- butter
- avocado

Examples of 1 serving:



1 strip of bacon

OR



1 teaspoon oil

Examples of sweets include

- regular soda
- ice cream
- cake
- cookies
- candy

Examples of 1 serving:



1 3-inch  
cookie

OR



1 plain  
cake  
doughnut

OR



4 chocolate  
kisses

OR



1 tablespoon  
maple syrup

Limit the amounts of fats and sweets you eat. They have calories, but not much nutrition. Some contain saturated fats and cholesterol that increase your risk of heart disease. Limiting these foods will help you lose weight and keep your blood glucose and blood fats under control.