

## WHAT IS GOOD FATS 101?

**Good Fats 101** is a program that serves as a resource for professionals working in nutrition and wellness, foodservice and food manufacturing. Its goal is to support efforts to educate internal audiences, clients and health-conscious consumers about good fats and their positive impact on health. There are several components to the program:

- ▶ GoodFats101.com features a wide array of evidence-based information, interactive tools and consumer-friendly materials:
  - Health-related sections supported by scientific research demonstrate the positive effects good fats have on health.
  - The Daily Needs Planner helps visitors reach their individualized daily good fats goal.
  - The Good Fats Shopping List & Label Reading Guide aids consumers in making healthy fat choices at the supermarket.
  - Recipes showcasing good fats and meal-planning tips help consumers incorporate healthy fats into their everyday diets.
  - The Dining Out Guide provides helpful tips for including the right kind of fats in restaurant meals.
- ▶ Toolkits with materials about good fats and nutrition have been created for food and nutrition professionals. Utilize these to help clients or employees better understand how good fats fit into a healthy life.
- ▶ The Fat Fact Sheets and Research section on the website help RDs and other professionals working in the foodservice and food manufacturing industries stay up-to-date on the latest science supporting good fats.



The portfolio of Good Fats 101 offerings will continue to expand in an effort to assist consumers and food industry professionals alike in making informed good fats decisions.

Good Fats 101 is powered by Omega-9 Oils and Dow AgroSciences. Omega-9 Canola Oils were created by Dow AgroSciences to help foodservice and food processing customers reduce “bad” fats and increase “good” fats in food products.

**Be sure to sign up to receive regular updates and materials at [goodfats101.com](http://goodfats101.com)!**

### CHECK OUT THE GOOD FATS 101 BLOG!

Our food and nutrition experts connect readers to reliable, in-depth information about good fats and other nutrition-related topics, such as:

- Regulatory updates and industry happenings.
- Recent research and breaking nutrition news.
- Trends in fats and oils.
- Practical tips and advice to use for your own benefit or when working with clients.
- Links to articles and websites that provide useful nutrition information and/or resources.