



How Much Oil?

This chart shows how much to eat from the Oils Group. This amount is right for persons who get less than 30 minutes of moderate physical activity each day. Those who are more active may need to eat more food to meet their calorie (energy) needs. Individual needs vary, so use this as a general guide to your food intake.

Group	Age	Daily Recommendation
Males	19 to 30 years old	7 teaspoons
	31+ years old	6 teaspoons
Females	19 to 30 years old	6 teaspoons
	31+ years old	5 teaspoons

How do I count the oils that I eat?

1 tablespoon soft margarine (*trans* fat free) has $2\frac{1}{2}$ teaspoons oil

1 tablespoon mayonnaise has $2\frac{1}{2}$ teaspoons oil

2 tablespoons creamy salad dressing has $2\frac{1}{2}$ teaspoons oil



1 tablespoon vegetable oil (olive, canola, peanut, corn, soybean, etc.) has 3 teaspoons oil

1 ounce peanuts, nuts, or sunflower seeds has 3 teaspoons oil

