

Fats, Oils, and Sweets

USE SPARINGLY:

Apple butter**	Marmalade**
Bacon*	Marshmallows**
Bacon bits*	Mayonnaise*
Butter*	Molasses**
Candy**	Pork rinds*
Caramel***	Salad dressing*
Chocolate bar***	Sherbet**
Corn Syrup**	Shortening*
Cream*	Soft drinks**
Cream cheese*	Sour cream*
Frosting***	Sugar**
Fruit drinks/ades/punches**	Syrups**
Fruit sorbet**	Vegetable oil*
Fudge***	Whipping cream*
Gelatin dessert**	
Honey**	
Jam**	
Jelly**	
Lard*	
Margarine*	

Foods with a * symbol are high in fat

Foods with a ** symbol are high in added sugar