

Good - Bad Fat

Isn't Fat just Fat



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences

FAT - AN IMPORTANT NUTRIENT IN OUR DIET

During this workshop participants will:

1. Learn the difference between various fat sources.
2. Learn the dietary requirements for fat
3. Learn how to adjust a daily diet to include the healthiest forms of fat.

Thursday Oct. 23, 2025

10 - 11:30 am

Community Room

Felician Villa

1301 Stephanie Rd. SE

Rio Rancho, NM 87124

Presented by: Sandoval County Extension

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