

FATS - THE FACTS!

A small amount of fat is an essential part of a healthy, balanced diet and the main types found in food are saturated and unsaturated fats.

As part of a healthy diet, we should eat less food high in saturated fats and trans fats and replace some of them with unsaturated fats.

—BE—
PORTION
SIZE
—WISE—

UNSATURATED FATS

Unsaturated fats can be either polyunsaturated or monounsaturated.

MONOSATURATED FATS

Monounsaturated fats help protect the heart by maintaining levels of good cholesterol while reducing levels of bad cholesterol.

Find them in:

- Oils such as olive, rapeseed, sunflower and peanuts
- avocados
- some nuts, such as almonds, cashews, brazils and peanuts



REMEMBER

- Fat is a source of essential fatty acids such as omega-3 which the body can't make itself.
- Fat helps the body absorb vitamins A, D and E.
- Any fat not used by your body's cells or to create energy is converted into body fat.
- All fat is high in calories and should be limited.

SATURATED FAT GUIDELINES

The average man should aim to have no more than 30g of saturated fat a day.

The average woman should aim to have no more than 20g of saturated fat a day.



POLYUNSATURATED

There are two types of polyunsaturated fats:

OMEGA-3 - found in oily fish such as mackerel, kippers, herring, trout, sardines, salmon and fresh tuna. Also in walnuts, soya, tofu and flaxseeds.



OMEGA-6 - found in vegetable oils such as rapeseed, corn, and sunflower and some nuts and seeds.



SATURATED FATS

Foods high in saturated fats include:

- Fatty cuts of meat
- Meat products
- Butter, ghee and lard
- Cheese, especially hard cheese
- Cream and ice cream
- Chocolate
- Biscuits, cakes and pastries
- Coconut oil and cream
- Palm oil



TRANS FATS

Trans fats are found naturally at low levels in some foods but are not needed much in UK foods anymore.

Check the food ingredients. If it says "partially hydrogenated" oil then it has trans fats in it and should be avoided.

