

Fat

Fat (including oil) is the most concentrated source of calories in our diet and makes a big contribution to people being overweight. There are three types of fat – saturated, polyunsaturated and monounsaturated. All are equally high in calories.

- Saturated fat increases blood cholesterol levels. Avoid as much as possible as a high cholesterol level increases your risk of heart disease.
- Poly and monounsaturated fats have different health benefits. Use a mixture of these but in small amounts only. Omega 3 is a polyunsaturated fat which is heart protective. Oily fish are the best source and two servings a week are recommended.

Where is fat found?



FAT YOU CAN SEE

- Fat in and around meat, skin and surface fat on chicken
- Butter, margarine
- Oil, lard, dripping, suet, Chefade, Kremelta, ghee, vanaspati

FAT THAT IS HIDDEN IS MOSTLY SATURATED FAT

- Whole milk, cheese, ice-cream, cream, sour cream
- Processed meats – sausages, luncheon sausage, paté
- Pastry, quiche, croissants, pies, sausage rolls
- Salad dressings, mayonnaise, creamy sauces
- Fried foods, crumbed and battered food
- Muesli bars, cakes, biscuits, muffins
- Chocolate, carob
- Potato/corn chips, dips, paté

HIDDEN FAT WHICH IS HEART FRIENDLY *

- Avocado
 - Nuts and seeds
 - Olives
 - Peanut butter
- ▶ NB. * heart healthy fats, mono/polyunsaturated fats – however, still limit if trying to lose weight.

Identifying heart healthy fats

AVOID	USE THESE INSTEAD (IN SMALL AMOUNTS ONLY)	
Saturated fats	Polyunsaturated oils & spreads	Monounsaturated oils & spreads
Fat in meat, milk and cheese, takeaways and most baked goods	Corn	Avocado
Butter	Linseed	Canola
Coconut	Safflower	Olive
Ghee	Sesame	Peanut
Palm	Soyabean	Peanut butter
Vanaspati, Kremelta	Sunflower	Ricebran