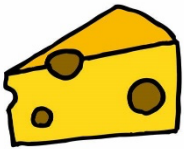


Fat facts!

Fat is an important part of a healthy balanced diet. It is a very useful source of energy, helps to absorb fat soluble vitamins (A,D,E and K) and contains essential fatty acids that help to keep the brain healthy.

The main types of fat are:



- **Saturated fat** – this is mainly found in animal products: cheese, butter, ghee, lard, the fat you can see on meat. Coconut and palm oil are also saturated fats.

- **Unsaturated fat** - this is found in plant sources such as nuts, seeds, avocados and olives. It can be further classified into monounsaturated (sunflower / soya / corn and se same oils) and polyunsaturated (olive / rapeseed oils).



Another type of fat is trans fats, these are mainly found in processed foods such as biscuits, pastries, cakes and takeaway foods. The government has introduced laws meaning food manufacturers must keep their trans fat usage to a minimum, so the amount in the UK diet is now fairly low.

Essential fatty acids

These are a type of polyunsaturated fat known as Omega 3 and Omega 6. Omega 3 is mainly found in oily fish (mackerel, pilchards, sardines) and walnuts, linseeds or flaxseeds. It is recommended that we consume 2 portions of fish per week, and that 1 of those portions is from oily fish.

Omega 6 is found in nuts, seeds and vegetable oils and spreads.

Fat and heart health

High intake of saturated fats is linked to an increase in blood cholesterol levels. High blood cholesterol increases your risk of heart disease and stroke. By reducing the amount of saturated fats you consume and replacing with unsaturated versions in smaller amounts, you can improve your blood cholesterol profile and heart disease risk.



But how much?

It is recommended that dietary fat makes up around one third of your daily energy, and that the majority of your fat consumed is from unsaturated sources.

This table shows the recommended intake of fat for men and women in the UK:

	Recommended amount of fat per day
Adult female	70g total (no more than 20g saturated fat)
Adult male	90g total (no more than 30g saturated fat)