

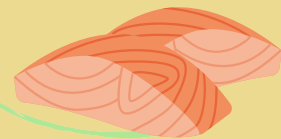
# FAT

## HOW TO INCLUDE MORE HEALTHY FATS IN YOUR DIET



Fats, also called lipids are used by the body to store energy, to maintain temperature, and to cushion organs. Fats also helps the body to use vitamins A, D, E and K.

Choose more fish, especially oily fish, like mackerel or salmon



Opt more regularly for vegetable-based sauces instead of cream and cheese-based sauces



Avoid adding extra oil or butter when cooking – try grilling, baking, steaming or poaching instead



Swap biscuits and cakes for snacks like fruit, nuts and seeds, plain rice cakes or toast with lower-fat spread



5. Use avocado & nut butters spreads on toast, in a sandwich or as a delicious dip



Scan the QR code to find more ideas on how to motivate your family to eat more healthy fats

# FAT

## ~NEWSLETTER 1~



Fats are necessary nutrients in foods also called lipids. The body uses fats to store energy, to maintain its temperature, and to cushion organs. Fats also help the body use vitamins A, D, E & K.

### TYPES OF FAT IN FOODS

### SOURCES

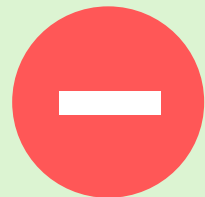
#### CHOOSE UNSATURATED FATS



They are divided in monounsaturated fats and polyunsaturated fats. They can help you to maintain a healthy heart

These are found generally in plant foods such as seeds, nuts, olives, avocados and oily fish like tuna, mackerel and salmon

#### REDUCE SATURATED FATS



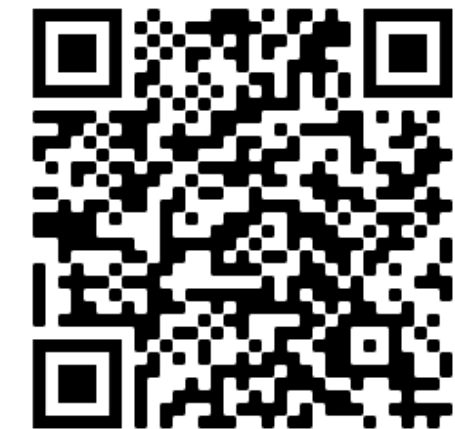
Too much saturated fats and trans fats are less healthy

These can lead to health problems later in life, particularly heart disease

Limit these type of fats in your diet as much as possible

Saturated fats are found in: animal products like the visible fat on meats , palm and coconut oil used in home cooking, commercial frying, or foods like biscuits, chips, crisps, full-fat dairy products like butter and cream

Watch this infographic about choosing fats wisely

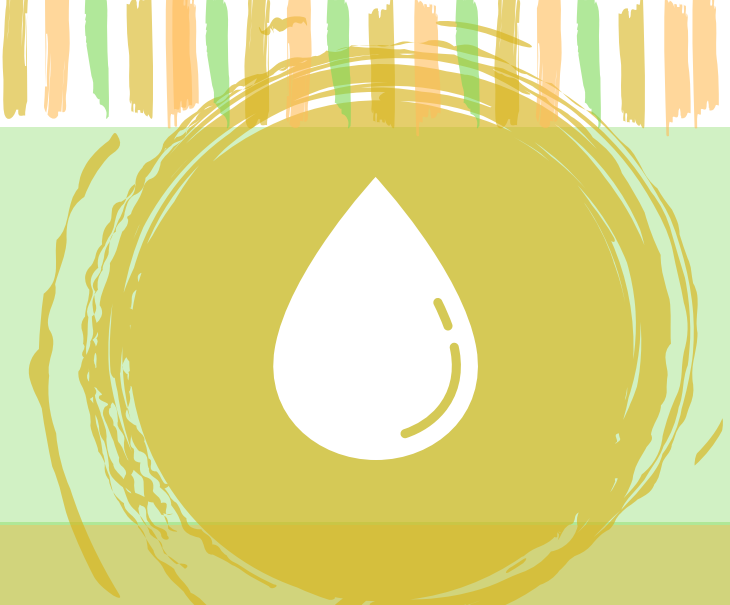


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# FAT

## ~NEWSLETTER 2~



### TOP TIPS TO IMPROVE YOUR FAMILY'S DIET



#### When food shopping

- Buy lean cuts of meat such as chicken breast, steak, turkey and reduced fat mince
- Eat less fatty meats like bacon and sausages
- Choose low-fat dairy products, except for children under two years
- Consider plant based options such as soy mince, chickpeas, lentils and Quorn
- Check food labels for fat content



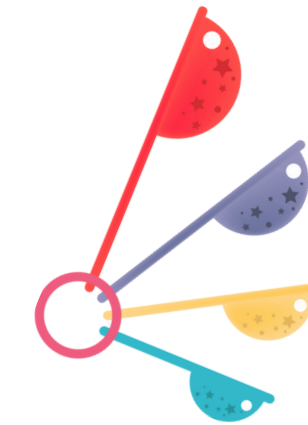
#### When cooking

- Use margarine made from vegetable oils instead of butter
- Use nut butters or avocado as spreads
- Try roasting, steaming, baking, stewing or poaching your food
- Try low calorie oil spray and non-stick pots and pans
- Before cooking, trim fat off meats and remove skin from chicken

### HOW MUCH FAT TO INCLUDE IN YOUR FAMILY DIET

Daily portion of oil / full fat vegetable spread:

- 2-3 years: 2 tsp
- 4-6 years: 2 ½ tsp
- 7-10 years: 2 ½ - 3 tsp
- 11-14 years: 3 - 3 ½ tsp
- 15 -18 years: 3 - 4 tsp



For recipes with healthy fats check the following website



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# FAT

## ~NEWSLETTER 3~



### HOW TO FIND THE FAT CONTENT IN FOODS



Swap creamy and cheese sauces with tomato or vegetable based sauces



Choose beans, chickpeas and lentils, lean meat, chicken / turkey without skin instead of sausages, burgers, pate, salami,



Change crisps and chocolate for fresh or dried fruit or nuts and seeds



Change lard, dripping, ghee, butter and coconut oil for vegetable oils - such as olive, sunflower, soya or rapeseed oil



Food labels on the front of packs can be a useful tool to help us identify whether foods are high (red), medium (amber) or low (green) in saturated fat.

A product where the fat and saturated fat is labelled as 'red' should be eaten less often.

For more information about checking food labels read the following article

Each grilled burger (94g) contains

Energy	Fat	Saturates	Sugars	Salt
924kJ 220kcal	13g	5.9g	0.8g	0.7g
11%	19%	30%	<1%	12%

of an adult's reference intake  
Typical values (as sold) per 100g: Energy 966kJ / 230kcal



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