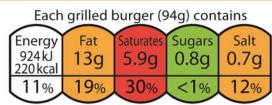


## ~Nutrition newsletter~ Vol 3

## HOW TO FIND THE FAT CONTENT IN FOODS

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.



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



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

For more information about checking food labels read the following article

**BDA** Diabetes



