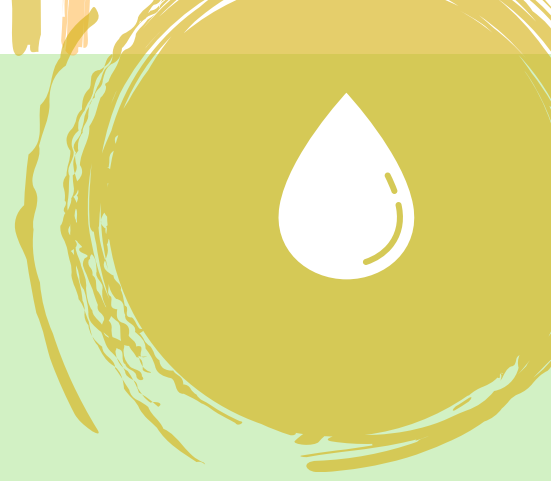


FAT



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.

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



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



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



4. 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 ME

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