

HEALTH PROMOTION PROJECT

South East Coast & London + North West Dietitian Network

Fat – Social Media



Digibete / social media month 1

Below are 3 posts for the health promotion Topic of Fibre. Each newsletter has a picture for the list image and an image for the content. Below are instructions for digibete, These should be posted to Digibete in month intervals. Link to digibete app: <https://app.digibete.org/login> You can do these all at the same time and schedule a time for them to be posted. If not using digibete the app the content and images here can be used for any social media.

News Title: Healthy Lifestyles Campaign – What is Fat? Why is it important?

List Image: Right Click on the image opposite, save picture. Go to the Image location and drag into the list image box.

Content: (click add text and copy and paste below)

For the next 3 months we are focusing on fat and how this relates to health.

What is Fat and why is it important?

Fats are a necessary nutrient 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 Fats

Choose Unsaturated Fats: They can help you to maintain a healthy heart

Sources: Seeds, nuts, olives, avocados and oily fish like tuna, mackerel and salmon

Reduce Saturated Fats: These fats are less healthy. They can lead to health problems later in life, particularly heart disease. Limit these type of fats in your diet as much as possible

Sources:

Animal products with visible fat - bacon, sausages, salami, chicken skin

Cooking oils: lard, palm and coconut oil. Fried foods such as chips, kebabs, fried chicken

Pastries, biscuits, crisps, butter and cream

Post Image:

- Click add image

Right Click on the second image opposite, save picture. Go to the Image location on your drive and drag into the list image box on the digibete post page.

Attachments or further reading: (Additional Files or links)

- Download Newsletter one from the [CYP Diabetes Network page](#)

- Click Add File, Name: Fat Newsletter 1



- Drag and drop the file from the location you saved it on your drive

DON'T FORGET TO CHANGE THE PUBLISH DATE TO 1 month after your previous post

List Image



Post Image 1

TYPES OF FAT IN FOODS	SOURCES
CHOOSE UNSATURATED FATS	
 They can help you to maintain a healthy heart	Seeds, nuts, olives, avocados and oily fish like tuna, mackerel and salmon
REDUCE SATURATED FATS	
These fats are less healthy	Animal products with visible fat, bacon, sausages, salami, chicken skin
 These can lead to health problems later in life, particularly heart disease	Cooking oils: lard, palm and coconut oil
Limit these type of fats in your diet as much as possible	Fried foods such as chips, kebabs, fried chicken
	Pastries, biscuits, crisps, butter and cream

Digibete / social media month 1

News Title: Healthy Lifestyles Campaign - How much fat?

List Image: Right Click on the image opposite, save picture. Go to the Image location and drag into the list image box. (INSERT IMAGE)

Content: (click add text and copy and paste below)

We are focusing on fats. Last month we talked about what fat is and why it is important and the types of fat. If you missed them, scroll back to the last post.

How much fat to include in your family diet?

2-3years: 2tsp oil/full fat vegetable spread daily
4-6years:2½tsp oil/full fat vegetable spread daily
7-10years:2½-3tsp oil/full fat vegetable spread daily
11-14years:3-3½tsp oil/full fat vegetable spread daily
15-18years:3-4tsp oil/full fat vegetable spread daily

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

Post Image:

- Click add image

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-QR CODE: For recipes with healthy fats check the following website

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- Download Newsletter one from the [CYP Diabetes Network page](#)

- Click Add File, Name: Fat Newsletter 2

- Drag and drop the file from the location you saved it on your drive

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List Image

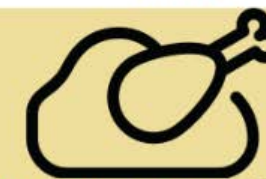


Post Image 1

TOP TIPS TO IMPROVE YOUR FAMILY'S DIET



When food shopping



Buy lean meat, chicken, turkey and reduced fat mince



Choose plant based mince, quorn, beans and lentils



Less sausages and bacon



Have low fat dairy products, except for children less than 2 years



When cooking



Chose plant based oils and margarine, low calorie spray oils



Use nut butters and avocados as spreads



Steam, stew, bake or poach or non-stick pans to use less oil



Remove visible fat including chicken skin

Digibet e / social media month 1

News Title: Healthy Lifestyles Campaign – Fat: Making healthy swops

List Image

Right Click on the image opposite, save picture. Go to the Image location and drag into the list image box. **(INSERT IMAGE)**

Content: (click add text and copy and paste below)

We are focusing on Fats. If you missed anything, scroll back to the last two posts to revisit what is fat, their importance, the types of fats, how much to include and ways to improve your family's diet. Don't forget to complete the quiz once you have read all three posts.

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

Healthier Swaps

Swap creamy and cheese sauces with tomato or vegetable based sauce

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

Swap 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 and their spreads

INSERT QR LINK

Click add image

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List Image



Post Image 1

