

# Fats

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irrespective of type of fat

## Fats... Healthy?

There are 4 major dietary fat in  
the foods that are consumed

- 1 Saturated fats
- 2 Trans fats
- 3 Monounsaturated fats
- 4 Polyunsaturated fats

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## Saturated fat

**Saturated fat = the on-going debate**

Studies have published results showing those who eat saturated fat do not experience more of an incidence of cardiovascular compared to those that who eat less. A meta-analysis of 16 studies showed that eating whole-milk dairy products is linked to less body fat & lower levels of obesity. This is because full fat dairy can make you feel “**full**” for longer and as a consequence reduces overall intake through-out the entire day.

- Just enjoy in moderation
- Don't swap good quality fats such as full fat dairy for refined CHO or sugary snacks.

## Fats... Healthy?

**Are there any fats that can be  
part of a healthy diet?**

**Answer:** Yes and healthy fats should be an important part to every diet, you just need to ensure you are choosing the correct fats and quantity. Aim to include monounsaturated and polyunsaturated from foods such as fish, legumes, vegetable & low fat dairy products.

- Use oils such as rapeseed, olive, sunflower & sesame.
- Avocado
- Nuts (almonds, peanuts, cashew, walnuts)
- Soymilk & Tofu
- Seeds (sunflower, sesame, pumpkin)

## Trans-fat

**Looking for trans-fat in your food**

**Check food ingredients:** if it states partially hydrogenated oil then the food does contain trans fat.

**Foods well know to include trans fat:**

- Fried food & fast food.
- Baked goods *i.e. cookies, pizza, cakes etc.*
- Snack foods *i.e. crisps, crackers*
- Solid fats *i.e. margarine*
- Pre-mixed products *i.e. (pancake & cake mixes)*

**NOTE:** Don't be afraid to ask a restaurant to cook your meal in healthier oil.

Recommended no more than 2 grams 1 tblsp) per day.