



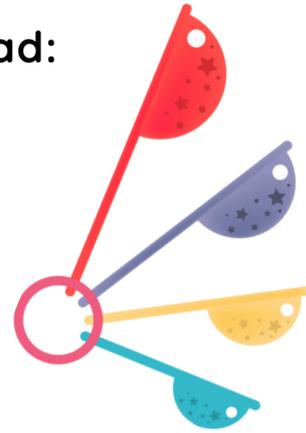
Fat

~Nutrition newsletter~ Vol 2

HOW MUCH FAT TO INCLUDE IN YOUR FAMILY DIET

Daily portion of oil / full fat vegetable spread:

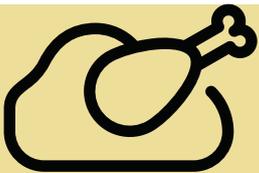
- 2-3 years: 2 tsp
- 4-6 years: 2 ½ tsp
- 7-10 years: 2 ½ - 3 tsp
- 11-14 years: 3 - 3 ½ tsp
- 15 -18 years: 3 - 4 tsp



TOP TIPS TO IMPROVE YOUR FAMILY'S DIET



When food shopping



Buy lean meat, chicken, turkey and reduced fat mince



Less sausages and bacon



Choose plant based mince, quorn, beans and lentils



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



When cooking



Choose plant based oils and margarine, low calorie spray oils



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



Use nut butters and avocados as spreads



Remove visible fat including chicken skin

For recipes with healthy fats check the following website

