



# Fat

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## 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.

Each grilled burger (94g) contains

Energy 924kJ 220kcal	Fat 13g	Saturates 5.9g	Sugars 0.8g	Salt 0.7g
11%	19%	30%	<1%	12%

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

