



Fat

~Nutrition newsletter~ Vol 1

WHAT IS FAT AND WHY IS IT IMPORTANT?

Fats are necessary nutrients 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 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

These can lead to health problems later in life, particularly heart disease

Limit these type of fats in your diet as much as possible

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



Watch this infographic about choosing fats wisely



SCAN ME