

Fats

Fats are often labelled as the bad guys' but actually we need *some* fat to keep us healthy.

Fats are a source of energy, they help us to absorb some vitamins and contain important things called essential fatty acids.

There are 2 main types of fat – saturated and unsaturated – chemically they are different and this affects the way the body uses them.

All fats are very high in calories.

Saturated fats are the ones we need to watch out for most. They raise cholesterol and can block up the arteries to the heart. An easy way to remember this is that, generally, fat that is solid at room temperature will also be solid once it is in your body!

So instead of having saturated fat we should have fats that are high in **polyunsaturates** and **monounsaturates** instead.

Examples of food high in **saturated fats**, and which we should cut down on are:-

- meat pies
- sausages
- pastry
- cakes and biscuits
- cream, soured cream, crème fraîche
- lard, suet and other fats that are solid at room temperature.

Examples of foods have more **polyunsaturated** and **monounsaturated** fats. Try using these as replacements.

- oily fish
- nuts and seeds
- avocados
- sunflower, rapeseed and olive oil spreads and vegetable oils

Trans-fats/hydrogenated fats

Although trans-fat or hydrogenated fat is classed as an unsaturated fat have a similar effect on blood cholesterol as saturated fats. In recent years the use of trans-fats in the food manufacturing industry had been greatly reduced with many firms boasting that they no longer use trans-fats at all.

Heating unsaturated fats to very high temperatures will turn them into hydrogenated fat! Another good reason not to fry foods.

Saturated fat guidelines

Most people in the UK eat too much saturated fats. The population on average gets 12.6 % of their energy (kJ/kcal) from saturated fats, which is slightly above the 11 % maximum recommended by the government.

- The average man should aim to have no more than 30g of saturated fat a day.
- The average woman should aim to have no more than 20g of saturated fat a day.
- Children should have less

Food label guidelines

- High in sat fat – more than 5g of saturates per 100g
- Low in sat fat – 1.5g of saturates or less per 100g or 0.75g per 100ml for liquids
- Sat fat-free – 0.1g of saturates per 100g or 100ml

Fats and calories

The simple truth is that if you want to reduce calories to lose weight you will need to reduce your fat intake al ALL types of fat.

Fat = Calories

Reduced Fat = Reduced calories

Calories in fat
examples:-

Food	Calories per 100g/110ml (equivalent)	Percentage of fat	Percentage of fat that is saturated fat
Lard	900	99.8 %	44 %
Olive oil	900	100 %	14 %
Vegetable oil	900	100 %	7 %
Butter	741	82 %	52 %
Brazil nuts	685	68 %	Unknown
Peanut butter	615	51 %	11 %
Chocolate spread	570	38 %	Unknown
Crisps	540	35 %	3 %
Margarine	531	59 %	15 %
Milk chocolate	525	30 %	18.5 %
Double cream	490	47.5 %	30 %
Cheddar Cheese	410	34 %	28 %
'Low-fat' crisps	390	8 %	1 %
Sausage roll	384	28 %	11 %
Sausages	254	16 %	8 %
Salmon	209	12 %	2.5 %
Tuna in oil	185	8 %	1.6 %
Avocado	160	14.5 %	2 %
'Low-fat' sausages	145	3.6 %	1.4 %
Tuna in brine	100	0.6 %	0.2 %
Full fat milk	68	4 %	2.6 %
Skimmed milk	37	0.3 %	0.1 %

Group activity

Work in a group or pairs to come up with **8** ways we can reduce our **saturated fat** intake.

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