Making Sense of Fats

We all need to eat some fat each day, but some fats are better than others. If you have lost weight without trying or you are trying to gain weight, then this information won’t apply to you.

Unsaturated fats are ‘healthy fats’ and are found mostly in plant foods. Foods that have ‘unsaturated’ fats in them help to keep your cholesterol levels healthy. This can lower your risk of getting heart disease. These foods include:

* olive, sunflower and canola oils and margarines
* avocado
* nuts, like almonds, pecans, hazelnuts, walnuts, pine nuts, and brazil nuts
* oily fish, like salmon, tuna and sardines.

Saturated fat is known as ‘unhealthy fat’. Eating too much can increase your blood cholesterol, which can lead to heart disease.

Saturated fats are found in meat, and in animal fats like lard, dripping, butter or cream. Saturated fat is also found in coconut and palm oil. These oils are in foods like pastries, cakes, biscuits and fried food. Replace these products with ‘unsaturated’ fats to keep your cholesterol levels healthy.

* Remove the fat from meat and skin from chicken before you cook it.
* Eat less processed meats like sausages, salami and Devon.
* Eat less processed foods like pies, pastries, cakes, biscuits and buns and chocolate.
* Snack on unsalted nuts, fruit, yoghurt or wholegrain crackers and cheese.
* Choose dairy foods such as milk, yoghurt and custard as a snack.

*Updated April 2019*