

WATCH THE FATS YOU EAT

Fats are an important part of a healthy diet. All fats are high in energy (kilojoules), and different types of fats have different effects on our bodies, so we also need to watch the type of fats we eat as well as how much we eat.

Saturated fats



For health, we should be limiting the saturated fats in our diet as they can raise cholesterol levels and increase risk of cardiovascular disease.

We shouldn't cut all fat from our diets, but choose healthy (good) fats high in mono + poly-unsaturated fats to keep our bodies healthy.

What about trans fats?

Trans fats are found both naturally and in manufactured products. The problem with manufactured trans fats is that they behave like saturated fat and can increase cholesterol levels.

Limit these foods to avoid trans fats



	Best	Okay	Poor
Total Fat	Less than 3g	3 - 10g	More than 10g
Sat Fat	Less than 1.5g	1.5 - 3g	More than 3g

Unsaturated fats

Unsaturated fats (polyunsaturated and monounsaturated fats) lower your cholesterol and provide essential fatty acids which are important for good health.

Polyunsaturated fats are found in foods such as:



Tuna

Tahini

Sunflower oils

Omega-3 fatty acids belong to this group of good fats. The best source of Omega-3 is oily fish such as tuna, mackerel and salmon.

Monounsaturated fats are found in foods such as:



Avocado

Olive and Canola oils