

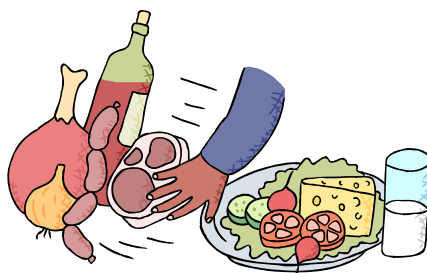


FAIRFIELD HOSPITAL

Department of Nutrition and Dietetics

FACTS ON DIETARY FATS

- ◆ ***All fats are very high in energy and will increase your weight if eaten in excess.***
- ◆ ***Foods contain a combination of three types of fats: saturated, monounsaturated and polyunsaturated.***
- ◆ ***The different fats have different effects on your blood cholesterol***



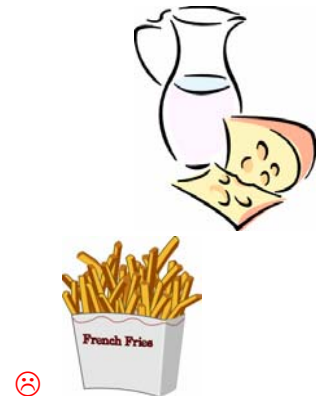
TYPES OF DIETARY FATS

Saturated fats

Saturated fats will increase total & 'bad' cholesterol (LDL). *These need to be avoided.*

These fats are found mostly in:

- ☹️ Fatty meats (asado, spare ribs), skin of chicken, sausages, Spanish chorizos, luncheon meats such as mortadella, devon, salami, bacon, liverwurst
- ☹️ Full cream dairy products - milk, cheese, yoghurt, ice cream
- ☹️ Cream,
- ☹️ Butter, lard, cooking margarine
- ☹️ Palm oil (used in commercial biscuits, cakes, pastries, snack foods, and many fried take-away foods)



Polyunsaturated fats -

There are two types of polyunsaturated fats:

Omega 3 and omega 6 fatty acids.

They are found in plant products and fish. *Both types are healthy!*

- Omega 6 fatty acids

They will help to lower your total & 'bad' cholesterol.

Where can we find them -

- ☺️ polyunsaturated oils - sunflower, safflower, soybean, corn and grape-seed oil
- ☺️ polyunsaturated margarines
- ☺️ nuts - brazil, walnuts
- ☺️ seeds – sunflower, safflower

- Omega 3 fatty acids

They will help to reduce high blood triglycerides, reduce high blood pressure, reduce the risk of blood clots (thrombosis).

Where can we find them -

- ☺️ fatty fish eg. mackerel, sardines, herring, salmon, trout, tuna and mullet
- ☺️ linseed- including linseed products eg. breads, cereals.
- ☺️ walnuts, canola oil



Monounsaturated fats

They may help to lower your total & 'bad' cholesterol.



Where can we find them -

- ☺ oils - olive, canola, peanut, macadamia
- ☺ margarines based on olive oil and canola
- ☺ avocado, peanut butter
- ☺ nuts: peanuts, macadamia, cashews, almonds
- ☺ seeds - sesame, pumpkin



*** Poly and Mono unsaturated fats are healthy however if you want to control your weight you should eat these fats in small amounts**

Dietary cholesterol

Cholesterol is only found in **animal food**, as it is the animal's liver that converts plants foods into cholesterol.



Main dietary sources of cholesterol:

- ☹ Offal, egg yolk, prawns, shrimp, calamari, and octopus



Recommendation:

- Avoid offal meat
- Limit the intake of seafood high in cholesterol (prawns, calamari, octopus) to no more than once a week
- Limit egg yolk to no more than two a week, the egg white is cholesterol free.

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