

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.
- Knowing which fats raise LDL (“Bad”) cholesterol is the first step in lowering your risk of heart disease.
- Saturated fat, *trans*-fatty acids and dietary cholesterol can raise your LDL or bad cholesterol.
- Monounsaturated fats and polyunsaturated fats appear to not raise LDL cholesterol
- Some studies suggest they might even help lower LDL cholesterol slightly when eaten as part of a low-saturated and *trans*-fat diet.

TYPES OF DIETARY FATS

☹ SATURATED FATS

Saturated fat is the main dietary cause of high blood cholesterol. Saturated fat is found mostly in foods from animals and some plants.

The following foods are rich in saturated fats, therefore try to avoid them:

- ☹ 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)
- ☹ Cocoa butter.



☹ TRANS FATS (TFA)

TFA or hydrogenated fats tended to raise total blood cholesterol levels. TFA also tend to raise LDL (bad) cholesterol and lower HDL (good) cholesterol. Therefore

- Avoid foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Limit cakes, cookies, crackers, pastries, pies, muffins, doughnuts and French fries made with partially hydrogenated or saturated fats.

☹ 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, butter, prawns, shrimp, calamari, and octopus



😊 POLYUNSATURATED AND MONOUNSATURATED FATS

These fats may help lower your blood cholesterol level when you use them in place of saturated and trans fats.

😊 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

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

😊 Omega 3 fatty acids

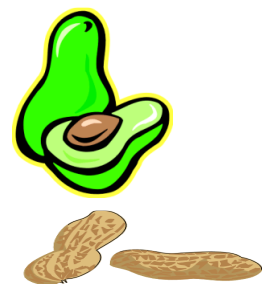
They will help to reduce high blood triglycerides, reduce high blood pressure, reduce the risk of blood clots (thrombosis).

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



😊 Monounsaturated fats

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



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