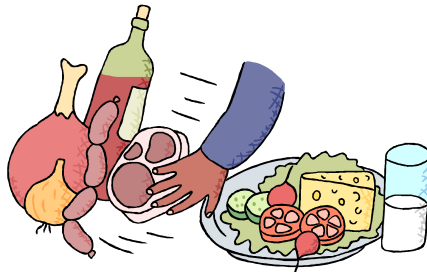


**FAIRFIELD HOSPITAL**  
Department of Nutrition and Dietetics

## FACTS ON 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 increase total & 'bad' cholesterol (LDL).

***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)



## **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



## Dietary strategies to reduce blood cholesterol

- Avoid Saturated fats: Eg. Replace full cream dairy products for low fat varieties, eat lean meat and take the skin off poultry and avoid fried take away foods.
- Eat fish 2-3 times per week
- Eat a good amount of fibre: By eating a large amount of vegetables, 3 fruits per day (apples, oranges, pears, prunes, etc), eat legumes (beans lentils, chickpeas) and select high fibre cereals (such as Guardian or Health wise for the heart) and wholegrain or rye bread.
- Avoid offal meat (liver, kidney, brain)
- Limit the intake of seafood high in cholesterol (prawns, calamari, octopus) to no more than once a week
- Include healthy fats in small amounts: Eg. Nuts, olive oil, canola, oil sunflower oil, avocado, etc.
- Limit egg yolk to no more than 6 a week.
- If you eat margarine, try to eat margarine with plant sterols eg: Proactiv, logical etc.
- Control your weight
- Exercise regularly: eg walk daily