



Healthy Eating - Types of Fat

- There are different types of fats in a wide variety of food.
- All fat contains the same amount of energy per gram (this energy is called calories (kcal) or kilojoules (kj)).
- It is best to use unsaturated fats as this type of fat reduces cholesterol and can reduce inflammation in our bodies.
- By limiting or avoiding saturated fat you can improve the health of your heart.
- By limiting the **total** amount of fat in your daily food intake you can lower your risk of heart disease, obesity and diabetes.
- Even if you eat a healthy type of fat (unsaturated), too much of it can give you extra energy (which if not used can be stored as fat in your body).

Use the table below to **-choose the healthier choice of unsaturated fats.**

FOOD	AVOID Trans- fats	LIMIT Saturated Fats	CHOOSE Unsaturated fats	
	Mainly found in processed foods	Mainly found in animal based foods	Mainly found in plant foods	
FATS & OILS	'Hydrogenated' oils	<ul style="list-style-type: none"> – Lard, suet – Dripping, beef fat – Palm oil eg Chefade, Kremelta, baking margarine, vegetable oil – Coconut oil – 'Table' spread 	Monounsaturated	Polyunsaturated
SPREADS		<ul style="list-style-type: none"> – Butter – Foods/spreads made with any of the fats in this column eg with palm oil or coconut oil 	<ul style="list-style-type: none"> – Olive oil – Canola oil – Peanut oil – Avocado oil – Almond oil – Rice bran oil 	<ul style="list-style-type: none"> – Sunflower oil – Safflower oil – Soybean oil – Wheatgerm oil – Sesame oil – Grape seed oil – Linseed/flaxseed oil – Fish oils (omega 3)
OTHER FOODS	Baking margarine used in convenience foods eg crackers, biscuits, fried foods, baked goods, pastries, confectionary bars etc	<ul style="list-style-type: none"> – Chicken with skin/fat – Full fat dairy eg full cream milk, cream, butter, cheese, sour cream, ice cream, etc – Meat (red) – fatty cuts, processed meats eg luncheon, sausages, salami – Coconut/coconut cream eg in curries – Cocoa butter (chocolate) – Paté – Manufactured goods made with palm oil eg cakes, pastries, pies, biscuits, chocolate, muesli bars, sausage rolls, croissants, etc 	<ul style="list-style-type: none"> – Peanuts – Hazelnuts – Almonds – Cashews – Pistachios – Avocados – Olives – Pecans – Macadamias – Brazil nuts 	<ul style="list-style-type: none"> – Oily fish eg tuna, salmon, trout, sardines, mackerel, kingfish, herrings – Walnuts – Pine nuts – Pumpkin seeds – Sunflower seeds – Sesame seeds – Linseeds – Wholegrains – Wheatgerm

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Tips for food preparation

- Choose lean cuts of meat (less fat on the meat)
- Cut off all visible fat/ skin before cooking
- Use low fat sauces and salad dressings
- Use low fat cooking methods eg grilling, baking, stir-frying, poaching, boiling, steaming
- Limit fatty meats eg salami, luncheon sausage, canned corned beef, bacon
- Serve fish at least twice a week (fresh or tinned)
- Replace meat with legumes or pulses (dried beans, peas, lentils) or tofu some days of the week
- Choose a variety of fruits and vegetables at every mealtime and for snacks
- Foods high in fat are also high in energy so only use small amounts
- Limit convenience/ takeaway foods as these may contain hidden fats and oils.

This nutrition information has been developed for use by Waitemata DHB Dietitians. It may be used by other healthcare professionals if appropriate training has been given. Please consult Waitemata DHB Dietitians if you have questions about using this information.

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