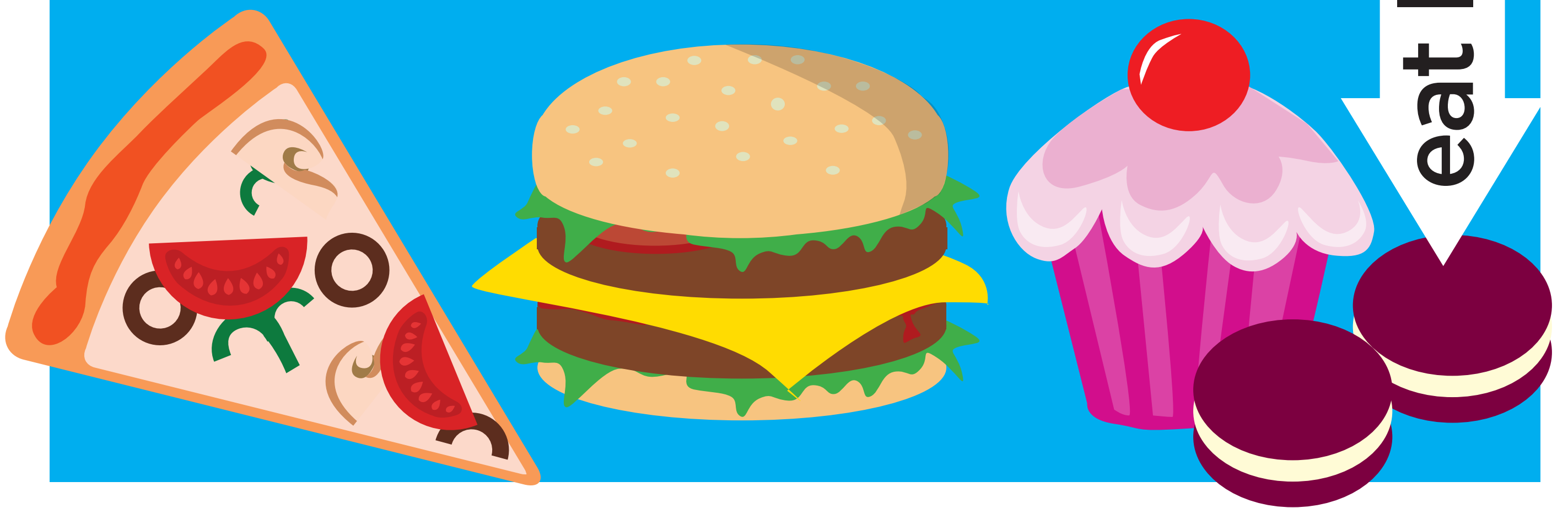


Understand the different fats

Fats are an important part of your diet because they provide energy and vitamins. There are three different types of fat and each of these can have a different effect on your health.

Unhealthy fats are found in processed foods, takeaways, cakes and biscuits



Saturated fat

Eating too much saturated fat may increase your levels of bad low density lipoprotein (LDL) cholesterol. Saturated fat is found in fatty and processed foods including some meats such as sausages, full-fat dairy products, butter, ghee and lard. They're also found in pastries, cakes and biscuits. Palm oil and coconut oil also contain saturated fat.

Trans fats

Eating too much trans fat may be linked with an increased risk of heart disease. Trans fats are found in processed foods such as cake and biscuits. Eating fewer takeaways and less processed food is a good way to reduce the amount of trans fats in your diet. So why not ditch the takeaway tonight and cook from scratch using fresh ingredients?

Unsaturated fats

These are a healthier choice:

- **monounsaturated fats** (for example, olive oil, rapeseed oil, almonds, unsalted cashews and avocado)
- **polyunsaturated fats** (for example, sunflower oil and vegetable oil, walnuts, sunflower seeds and oily fish)

These fats are a healthier choice

