

A healthy eating guide : fat / Tesco Stores Ltd.

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A
Healthy
Eating
guide



Fat

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The first Tesco Guides to Healthy Eating were produced in 1985, recommending that we cut down on fat, particularly saturated fat, sugar and salt and increase the amount of fibre we eat.

Recent guidelines for Healthy Eating suggest the same types of changes are still necessary to make our diets more healthy.

This guide discusses the issues with regard to fat in our diet.

DO WE NEED FAT?

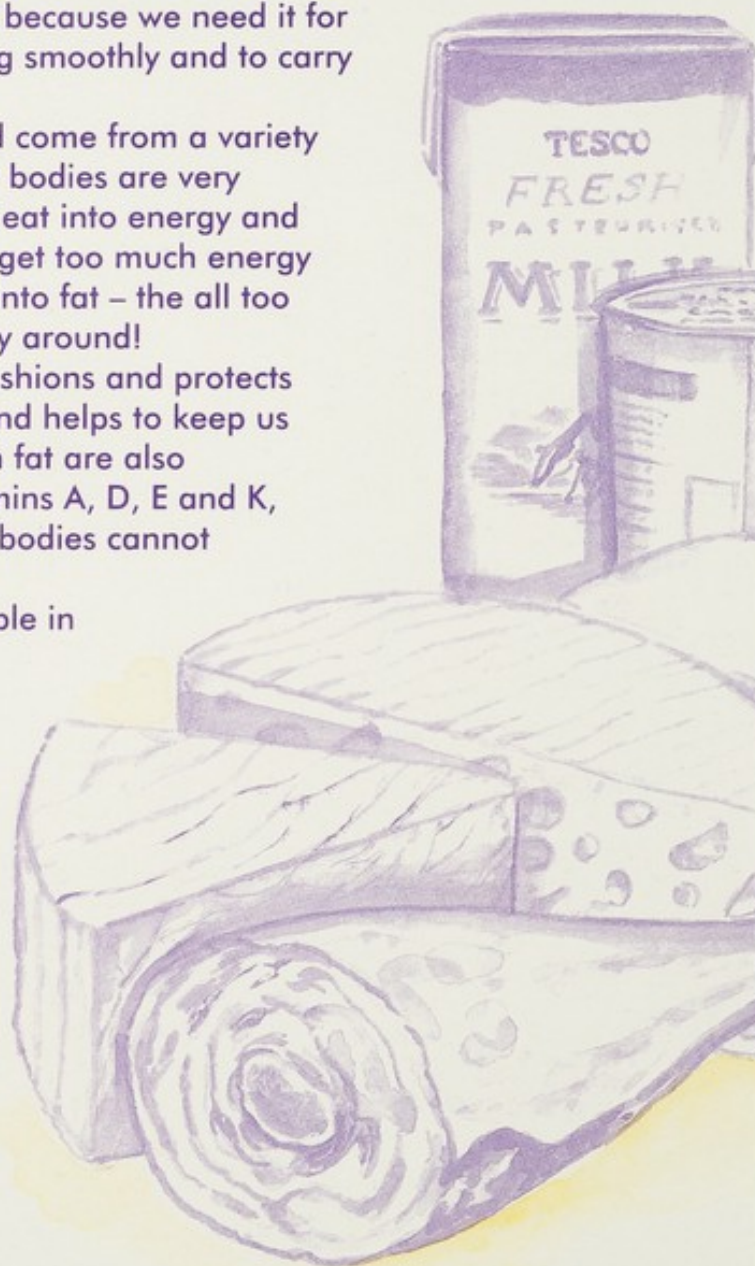
The fat in our food is the most concentrated source of energy (Calories) One ounce (28g) of fat provides us with 250 Calories which is twice as many as either the protein or carbohydrate in foods.

Energy (Calories) is essential to us because we need it for growth, to keep our bodies running smoothly and to carry out all our daily activities.

But, the Calories in our diet should come from a variety of foods and not just from fat. Our bodies are very efficient at converting the food we eat into energy and they rarely waste anything. If they get too much energy from food they convert the excess into fat – the all too familiar spare tyre many of us carry around!

Some body fat is necessary as it cushions and protects organs like the liver and kidneys and helps to keep us warm. Certain foods which contain fat are also important as they contain the vitamins A, D, E and K, and some essential fats which our bodies cannot make for themselves.

However, generally speaking, people in Great Britain do get too many of their Calories from the fat in food and in particular, they get too many from saturated fat, which is found in foods such as cheese, butter, meat, cream and whole milk. Ideally, fat should provide around $\frac{1}{3}$ of the Calories in our diet.



One of the most important things we can do to reduce the risk of heart disease is to reduce the amount of saturated fat we eat.

Most fats contain a certain amount of both *saturated* and *unsaturated* fat. In general:- Saturated fat comes from animal fats and the fat tends to be hard. Unsaturated fat is found in vegetable and fish oils and tends to be softer. There are two types—polyunsaturates and mono—unsaturates.

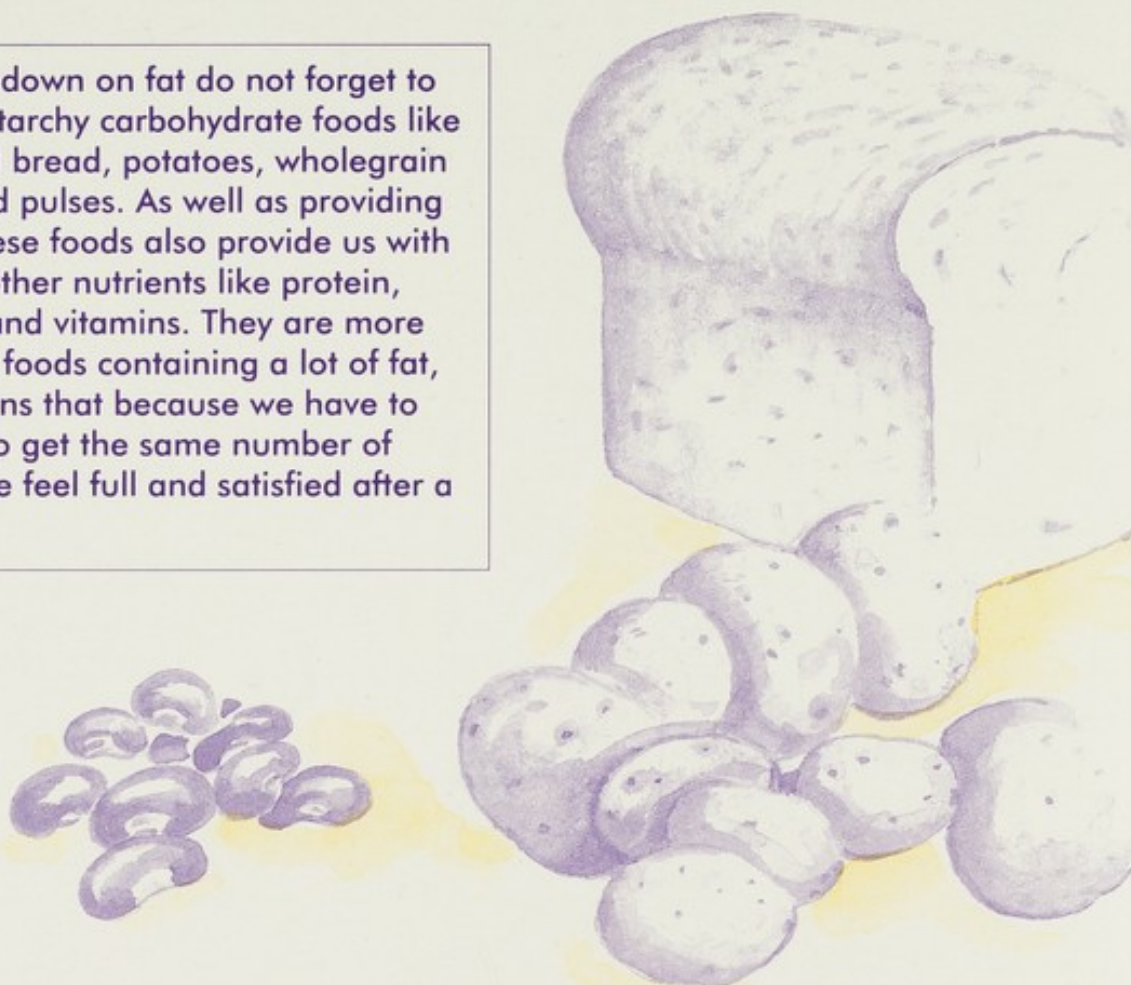
When we eat a lot of *saturated* fat our bodies are stimulated to produce extra cholesterol in the blood. This is far more important in relation to heart disease than the cholesterol we consume in foods like eggs.

A high blood cholesterol level encourages the development of fatty deposits in the walls of the arteries. A diet which contains a lot of fat encourages the blood to clot, or form a "thrombus". These factors can restrict the flow of blood to the heart or brain and can result in a heart attack or stroke. We are recommended to replace some of the saturates in our diet with unsaturates, as polyunsaturates particularly, can play a part in lowering the body's blood cholesterol level.

The polyunsaturates found in oily fish, such as herrings, mackerel and salmon also reduce the tendency of the blood to clot. In addition, the essential fats which the body cannot make for itself, can be found in foods containing polyunsaturates. The highest proportion of polyunsaturates is found in vegetable and fish oils and nuts. The best oils to use, i.e. those high in polyunsaturates, are sunflower, soya and corn.



As you cut down on fat do not forget to eat more starchy carbohydrate foods like wholemeal bread, potatoes, wholegrain cereals and pulses. As well as providing energy, these foods also provide us with fibre and other nutrients like protein, minerals, and vitamins. They are more bulky than foods containing a lot of fat, which means that because we have to eat more to get the same number of Calories we feel full and satisfied after a meal.



WHY SHOULD WE CUT DOWN ON FAT?

It is a sobering thought that 1 in 4 people in Great Britain die from heart disease. Diets high in saturated fat are one of the factors identified as contributing to this, because they are said to increase the amount of cholesterol in the blood.

There are a number of factors which contribute to an increased risk of heart disease and the more risk factors a person has the more likely they are to develop the disease. A family history of heart disease is one risk factor that unfortunately we can do little about, but there are several other factors we can do something about. These include smoking, high blood pressure, high blood cholesterol, being overweight and doing too little physical activity.

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HOW CAN WE REDUCE OUR SATURATED FAT INTAKE?

The easiest way to cut down the amount of saturated fat in our diet is to reduce the total amount of fat we eat. The nutrition label on Tesco brand foods not only tells you the total fat content of the food, it also breaks it down to give the amount of saturates and polyunsaturates. The chart on the back page shows the amount of fat, saturated fat and polyunsaturated fat in a selection of foods.



TRY SOME OF THESE TIPS

- Grill, steam or bake food. If you fry, use an oil high in polyunsaturates.
- Choose fish, poultry (remove the skin) and lean cuts of meat. Drain the fat from mince after browning.
- Watch out for foods like sausages and pies, cakes, biscuits and pastries, mayonnaise and salad dressings, as they tend to be high in fat.
- Choose a margarine high in polyunsaturates rather than butter or hard margarine or better still choose a low fat spread. Spread it thinly.
- Change gradually to semi-skimmed or skimmed milk.



It is important that small children who need a lot of energy in order to grow, do not have a diet which is too low in fat. For this reason children under the age of 5 years should be given full fat milk. Semi-skimmed milk may be introduced after 2 years of age if they have a good appetite and are eating a varied diet.

FAT CHART

This chart shows the typical fat and saturated fat content of a number of everyday foods. Use it to help you choose lower fat foods.



Food	% Fat	% Saturated Fat
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CHEESE

Stilton	35.5	22.2
Cheddar	34.0	22.0
Half Fat Cheese (Blue type)	16.0	10.2
Half Fat Cheese (Cheddar type)	14.0	9.0
Natural Cottage Cheese	3.7	2.4

MEAT AND FISH

Pork Pie	24.8	9.4
Grilled Pork Sausage	21.1	7.8
Roast Beef (lean and fat)	12.0	5.4
Roast Chicken (meat and skin)	12.0	4.0
Grilled Fish Finger	9.1	1.9
Grilled Low Fat Pork Sausage	8.4	2.7
Grilled Lean Pork Chop	6.0	2.4
Roast Chicken (meat only)	5.5	1.8

MILK PRODUCTS

Fresh Double Cream	48.0	30.0
Fresh Single Cream	19.0	11.7
Natural Yogurt	1.0	0.6
Healthy Eating Natural		
Fromage Frais	Trace	Trace

OILS/FATS

Lard	100.0	41.0
Sunflower oil	100.0	13.0
Butter	81.7	54.0
Sunflower Margarine	80.6	13.3
Healthy Eating Half Fat Spread	40.0	7.3

If you have any questions on Healthy Eating, please write to:
Customer Services, Tesco Advice Centre, PO Box 18, Cheshunt, Herts, EN8 9SL