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Contributors

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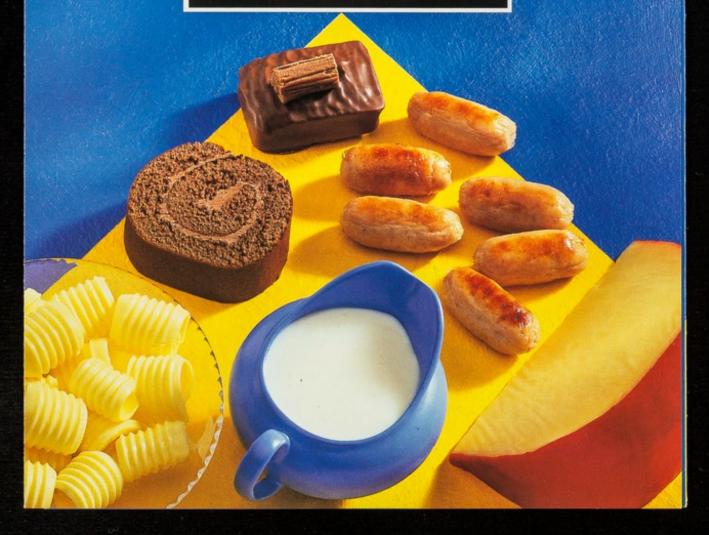
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TESCO

A Healthy Eating Guide

FAT

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 government guidelines for healthy eating suggest these changes are still necessary to make our diets more healthy. This guide discusses the issues with regard to fat in our diet.

WHAT IS FAT AND WHY DO WE NEED IT?

▲ 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 the same amount of either protein or carbohydrate. We need energy (Calories) for growth, to keep our bodies running smoothly and to carry out all our daily activities. The energy (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.

HOW MUCH FAT SHOULD WE HAVE?

▲ Ideally fat should provide around 1/3 of the total Calories in our diet. Generally speaking people in Great Britain get too many Calories from the fat in food. 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 of unsaturated fat –
- POLYUNSATURATES
- MONO-UNSATURATES

WHY SHOULD WE CUT DOWN ON FAT?

▲ It is a sobering thought that 1 in 4 people in Great Britain die from heart disease. A diet high in saturated fat is one of the main risk factors for heart disease, other factors include a family history of heart disease, smoking, high blood pressure, being overweight and doing too little physical activity. The more risk factors a person has, the more likely they are to develop the disease. We can do something about most of these factors by making changes in our lifestyles - the most important is to reduce the amount of saturated fat we eat.

WHY IS SATURATED FAT BAD?

▲ When we eat a lot of saturated fat our bodies are stimulated to produce extra cholesterol in the blood. 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.

These factors can restrict the flow of blood to the heart or brain and can result in a heart attack or stroke.

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HOW CAN WE REDUCE THE RISK OF HEART DISEASE?

▲ We are recommended to replace some of the saturates in our diet with unsaturates, as polyunsaturates, particularly, are thought to play a part in lowering the body's blood cholesterol level. Certain polyunsaturates (Omega 3) 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. These are important for cell structure. The highest proportion of polyunsaturates is found in vegetable and fish oils and nuts. The best oils to use, i.e. those low in saturates, are sunflower, soya, olive and corn.

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 virtually all 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, polyunsaturates and mono-unsaturates. The chart opposite shows the amount of fat, and saturated fat in a selection of foods. You can also reduce your fat intake by following some of the tips on the back page of this leaflet.

FAT CHART

FOOD	% FAT	% SATURATED FAT
FATS AND OILS		
Lard	100.0	41.6
Sunflower Oil	100.0	12.9
Butter	81.7	54.0
Sunflower Margarine	81.6	12.9
Healthy Eating Half Fat Spread	40.5	7.3
CHEESE		
Cream Cheese	47.4	31.3
Cheddar	34.4	22.7
Half Fat Cheese (Cheddar Type)	15.0	9.9
Edam Cheese	25.4	16.8
Natural Cottage Cheese	3.9	2.6
OTHER MILK PRODUCTS		
Double Cream	48.0	31.7
Single Cream	19.1	12.6
Natural Yogurt	1.2	0.8
Healthy Eating Natural Fromage Frais	0.1	Trace
MEAT, MEAT PRODUCTS AND FISH		
Pork Pie	27.0	10.2
Grilled Pork Sausage	22.8	9.2
Grilled Low Fat Pork Sausage	10.6	3.8
Roast Beef (Lean and Fat)	12.0	4.4
Chicken (Meat and Skin)	17.7	6.3
Chicken (meat only)	4.3	1.5
Grilled Lean Pork Chop	10.7	3.8
White Fish	10.6	0.2

NUTRITION

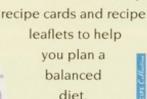| TYPICAL COMPOSITION	Each Pack (200g) provides	100g (3½ oz) provide
Energy	1073kJ/379kcal	796kJ/188kcal
Protein	9.2g	4.6g
Carbohydrate	42.4g	21.2g
of which sugars	7.2g	3.8g
Fat	18.8g	9.4g
of which saturates	4.6g	2.3g
mono-unsaturates	11.2g	5.6g
polyunsaturates	3.0g	1.5g
Fibre	1.6g	0.8g
Sodium	0.6g	0.3g

INFORMATION

TRY SOME OF THESE TIPS

▲ Grill, steam or bake food. If you fry, use an oil low in saturates.

▲ 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.

HOW CAN TESCO HELP?

Look out for the Healthy Eating product range (clearly marked with a large Healthy Eating Man symbol) which has been specially developed to be lower in fat and saturated fat, higher in fibre and provide the right balance of sugar and salt. You'll also find instore a comprehensive range of information leaflets, menu planners, recipe cards and recipe leaflets to help you plan a balanced diet.