

The fat in food.

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HOW TO EAT LESS FAT

- * Look at the chart - you can see how much fat is in different foods. Use it to decide how you can cut down on the fat in your diet.
- * Choose lean cuts of meat and trim off any visible fat. Cheap, fatty meat is false economy. Replace some meat dishes with cheaper, nutritious pulse (beans) dishes. Look out for low fat sausages and other meat products.
- * Rabbit, venison, game, skinned poultry and offal dishes are lower in fat than other meats. White fish are low in fat; oily fish, rich in polyunsaturates.
- * If butter or margarine is used, spread more thinly. Try low fat spreads, again spread thinly. Moist fillings do not need butter or a low fat spread. eg. tuna or cottage cheese. Cut thicker slices of bread, so that you make less sandwiches and use less fat.
- * Try to eat less chips. When eaten, cut them thick and straight and fry them in an oil high in polyunsaturates, or use oven chips.
- * Change to semi-skimmed or skimmed milk. N.B. Children under two should be given whole milk, whilst those who are over two and eating well can have semi-skimmed milk. Skimmed milk is **not** suitable for under fives.
- * Dress salads with half mayonnaise and half natural yogurt. Try a dressing of yogurt, lemon juice and vinegar.
- * Use low fat yogurt or fromage frais, instead of cream, evaporated or condensed milk. Some artificial creams have as much fat as real cream.
- * Use pastry for the top of pies only or replace with a potato topping.

TYPES OF FAT

Fats and oils are both known as fats. There are different types of fat - saturated and unsaturated. All fats are a mixture of these and contain the same amount of calories (see chart).

SATURATED

These contain larger amounts of saturates than unsaturates, tend to be solid at room temperature and are found mainly in animal fats such as lard, dripping, butter, dairy products and the fat on meat. The two main exceptions are coconut and palm oil which contain more saturated fats than other vegetable oils.

UNSATURATED FATS

These contain larger amounts of unsaturates than saturates, are soft or liquid at room temperature and are mainly from vegetable origins. There are two groups:-

Monounsaturated fats

The most well known is olive oil, but they also include peanut and rapeseed oil.

Polyunsaturated fats

Most are vegetable oils from seeds and nuts. Fish oils are also high in polyunsaturates.

CHOLESTEROL

Cholesterol is a type of fat found in the blood of all animals including man. A small amount of cholesterol is needed by the body. It is made by the liver and is found in foods of animal origin. Eating too much saturated fat can increase the blood cholesterol level which, in turn, can increase the risk of a heart attack.

However unsaturated fats do not cause the blood cholesterol level to rise, and in fact, may help to reduce the level in the blood.

FAT - FOOD FOR THOUGHT

Fats provide us with energy (calories). They contain the fat-soluble vitamins A,D,E and K; protect the skeleton and organs such as the kidneys; help keep us warm; and add texture and flavour to food. However, too much fat in the diet can lead to being overweight plus further health problems linked to this. It can also lead to heart disease.

Most of us should cut down our daily fat intake by about 15-20%. The table below shows what this might mean in terms of grams of fat eaten per day. These are average figures and vary accordingly to age, sex and level of activity.

* 25g = 1 oz	Current average intake	Desirable intake
Men - g* fat/day	120 - 150	100 - 120
Women - g* fat/day	85 - 100	70 - 85

The equivalent of two tablespoons of polyunsaturated fat a day is all you need to provide for the body's needs.

Weight for weight fat contains more than twice as many calories as starch, sugar and protein.

By reducing fat added to food you can quickly decrease its calorie content for example:

A serving of chips	455 Calories
The same amount, but boiled or baked	144 Calories

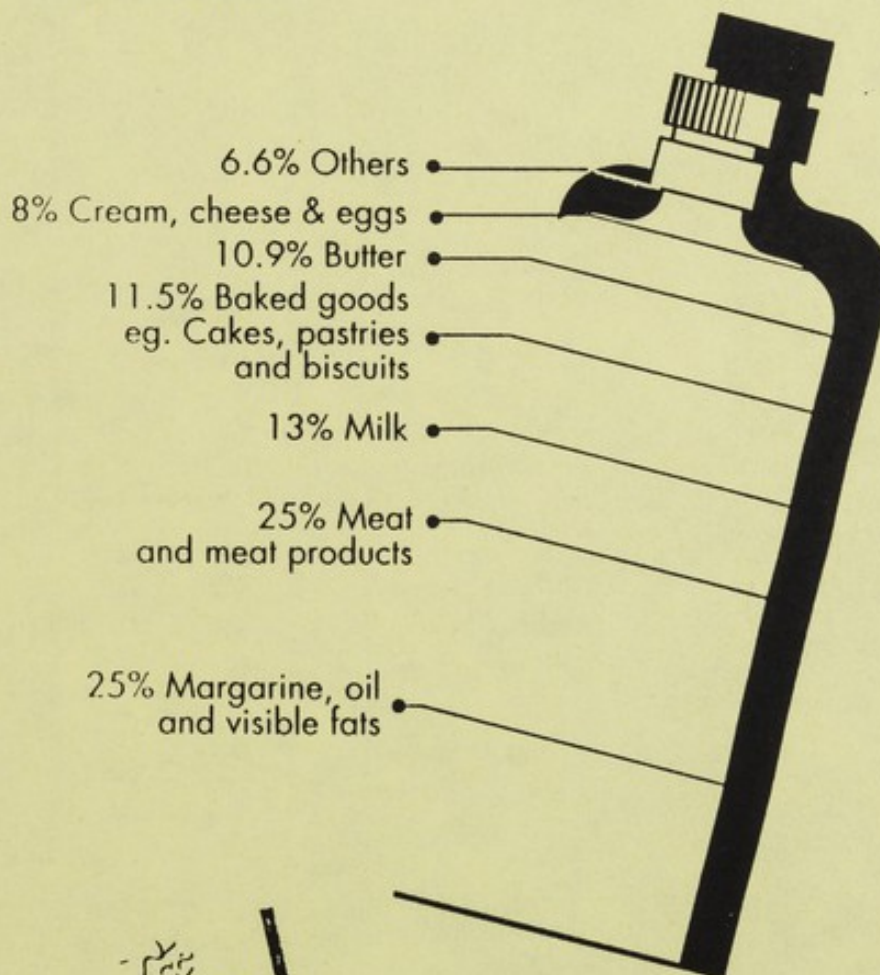
If a dab of butter is added to vegetables, the calorie content is increased by 100, more than a slice of bread! Yet vegetables themselves are almost calorie free.

So as you can see it is easy enough to eat more healthily and lose those extra pounds.

WHERE'S THE FAT?

As you can see from the diagram below, the fat we eat comes from a variety of sources. Over half the fat comes from meat and dairy products, and is saturated fat. They, along with oils and margarine are visible fats.

Some foods contain hidden fats, for example, cakes, pies, pastries and biscuits. Beware of processed meat products such as sausages, beefburgers, luncheon meat and pâté, as they are very high in fat, most of it saturated. It is amazing how much fat is in some foods. Remember, the higher the fat content, the higher the calories.



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THE FAT IN FOOD

Cheese

Cream cheese	50%	██████████
Stilton	35%	████████
Cheddars (including vegetarian)	34%	████████
Brie	27%	██████
Edam	25%	██████
Low fat Cheddar	15%	████
Low fat Edam	11%	███
Fromage Frais (ordinary)	7%	██
Cottage Cheese	4%	█
Fromage Frais (low fat)	Trace	
Quark	Trace	

Milk

Sheeps (whole)	6%	█
Channel Island/Breakfast Milk	5%	█
Cows (whole)	4%	█
Goats (whole)	3.5%	█
Soya	2%	█
Semi-skimmed (cows)	2%	█
Skimmed (cows)	Trace	

Cream/Yogurts

Double Cream	48%	██████████
Single Cream	19%	██████
Greek Yogurt	9%	███
Whole milk yogurt	3%	█
Low fat yogurt	1%	█

Fish

Tuna (canned)	22%	██████
Mackerel (smoked)	16%	██████
Cod (fried in batter)	11%	████
Cod (steamed)	1%	█
Fish fingers (grilled)	7%	███
Prawns	2%	█

Foods containing higher proportion of unsaturates than saturates.

To work out the amount of fat in food (g)

50% = 50g fat/100g weight

Source: McCance and Widdowson - The Composition of Foods.

Meat

Salami	45%	
Bacon (fried)	42%	
Sausage roll	36%	
Luncheon meat	27%	
Sausages (grilled)	25%	
Sausages (low fat)	13%	
Beefburger	20%	
Mince (stewed)	16%	
Mince (fat removed)	7%	
Chicken (with skin)	14%	
Chicken (without skin)	5%	

Fats and Oils

Oil* (All kinds)	100%	
Ghee	100%	
Lard	99%	
Butter/Margarine (all kinds)	82%	
Dairy fat spread (eg. Krona, Clover, Golden Chain)	73%	
Low fat spread (eg. Gold, Delight, Outline)	40%	
Low fat polyunsaturated spread (eg. Shape)	39%	
Very low fat spread (eg. Gold Lowest)	25%	

Others

Mayonnaise	76%	
Mayonnaise (reduced calorie)	28%	
Dessicated coconut	62%	
Peanuts	49%	
Crisps	36%	
Salad Cream	31%	
Salad Cream (reduced calorie)	17%	
Chocolate	30%	
Quiche Lorraine	28%	
Chocolate biscuit (wrapped)	28%	
Avocado pear	22%	
Pear	Trace	
Plain biscuit	17%	
Fruit cake	11%	
Swiss roll	5%	

* see chart on Fats and Oils