

Fat : helping you choose good fat over bad / Tesco.

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Fat: Helping you choose good fat over bad



Why we need fat

The right types of fat in small amounts are essential for our health. Your body uses it to absorb vitamins, move nutrients around and build cells. However, because it tastes good, it's easy to eat too much. It's really easy for your body to store fat too, and some fats are just not good for us.

New Nutritional Signposts

To help you manage your fat intake, we're putting new labels on the front of Tesco packs that show the amount of fat and saturated fat you'll get by eating a serving of the food (for example one tenth of a cake, or one chocolate éclair). Information on fat and saturated fat will always be in the middle and on the right hand side of the labels respectively in two shades of green.

We're also showing you how much of your Guideline Daily Amount (GDA) for fat and saturated fat the food provides. So, just by looking at a couple of numbers, you'll know how much fat is in the food, what type and how quickly it will get you to the GDA.

Guideline Daily Amounts

The GDAs are the typical figures for adults to help you understand how much you are eating each day compared to the recommended levels for a healthy diet. If you are very active you would need more energy and nutrients. If you are inactive or trying to lose weight you would need less. For instance if you are a tall active male your GDA will be significantly higher than these averages. Conversely if you are a small inactive female your GDA will be significantly lower.

This panel can be found on the back of packs typically underneath the nutrition panel.



Guideline daily amounts for a typical adult

	Guideline daily amount	Each serving (300g) contains	% guideline daily amount
Calories	2000 kcal	114 kcal	6%
Sugar	90g	6.9g	8%
Fat	70g	3.8g	6%
Saturated fat	20g	0.4g	2%
Salt	6g	1.8g	30%

For further information visit
www.tesco.com/health

Which kind of fats are you eating?

There are different types of fats and oils, each one affecting your body in different ways, so how much you eat is as important as what you eat.

Eat more often

Omega 3 and Omega 6 are types of polyunsaturated fat that are vital for health. It's the balance between them that counts, and on the whole most of us need to eat more Omega 3 fats.

Omega 3 fats may help reduce the risk of heart attack, strokes and rheumatoid arthritis. Good sources are oily fish such as mackerel, herring, sardines and salmon, as well as walnuts, linseeds, pumpkin seeds, rapeseed oil and dark green leafy vegetables. You only need tiny amounts but because they aren't found in that many foods it can be tricky to get enough.

Eat in moderation

Monounsaturated and polyunsaturated fats lower harmful cholesterol levels and help cut the risk of heart disease. The main sources of monounsaturated fat are olive oil, rapeseed oil and foods such as avocados, peanuts, almonds, cashews, sunflower and sesame seeds.

Foods high in polyunsaturates include corn oil, sunflower oil and margarine, nuts and seeds together with fish oils and oily fish.

Omega 6 fats reduce bad cholesterol, but too much may also reduce good cholesterol, so it is best to eat them in moderation. They're found in olive oil, sunflower oil, polyunsaturated margarine, nuts and seeds.

Eat less

Saturated fats don't do much to keep your body healthy and will clog up your arteries, increasing the risk of heart disease. Fats with a lot of saturated fat in them are hard at room temperature and mostly come from animal products including lard, cheese and meat fat. Processed foods made from these fats include biscuits, cakes and pastry. Palm and coconut oil are also highly saturated and are often used in margarine, biscuits and bakery products.

Trans fatty acids occur naturally in foods such as meat and dairy products but are also formed when liquid oils are hydrogenated to make them solid. They should be treated like saturated fats and are found in similar products.





Tesco Healthy Living Club is here to help you lead a healthier lifestyle. As a member you'll receive tailor-made coupons, saving you money on your preferred buys throughout the store. Plus you'll get handy booklets full of achievable advice from our experts, from healthy recipes and meal plans to fun ways to get more exercise. Best of all it's completely free – just pick up an application form in store to join today. Phone 0800 591 688 or register online at www.tesco.com/clubcard/healthyliving

Less fat. Healthier fat.

If you eat lots of foods that have high GDA values for fat or saturated fat, you might need to cut down because too much fat increases the risk of obesity and other conditions such as heart disease. It's also a good idea to check what types you're eating to make sure you're choosing the healthier kinds i.e. mono & polyunsaturated fats. Tesco is doing its bit to help you to eat less fat too. We are improving hundreds of our products and reducing their fat content. Look out for this logo and similar logos on packs.*



Less fat

- Choose leaner meat, trim off fat or skin before cooking and swap some vegetables for the meat in pasta sauces and stews
- Have cheese on toast with Healthy Living Edam rather than cheddar
- Eat fruit instead of cakes, biscuits and puddings which can have high fat levels
- Check the labels for the lower fat options

Try our Tesco Healthy Living range which is light on fat with less than 3% or half the fat of a Tesco standard product



Healthier fat

- Eat oily fish like salmon or mackerel twice a week
- Drizzle toast with a little olive oil rather than spreading with butter or leave off altogether
- Eat some olives, nuts, seeds or half an avocado a day which are all packed with good monounsaturated fat



What fat is in what?

This Tesco chocolate muffin (94.5g) contains 22.5g fat and 5.1g saturated fat which is 32% GDA for fat and 26% GDA for saturated fat.	This half an avocado (75g) contains 14.6g fat and 3.1g saturated fat which is 21% GDA for fat and 16% GDA for saturated fat.	This Tesco milk chocolate digestive (17g) contains 3.8g fat and 2g saturated fat which is 6% GDA for fat and 10% GDA for saturated fat.	A (50g) handful of Tesco nuts and raisins contains 14.4g fat and 2.8g saturated fat which is 21% GDA for fat and 14% GDA for saturated fat.
	HIGH IN MONO-UNSATURATED FAT		HIGH IN ESSENTIAL FATTY ACIDS OMEGA 6

*Logos vary according to product information and nutritional content.

Written in consultation with award-winning nutritionist Anita Bean BSc R Nutr.

eDietsUK

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Do you need help with healthy eating? If you are wanting to lose weight or make healthy changes to your diet, Tesco Diets can help! Heart smart, low Gi, vegetarian, low fat and Gluten Free plans are just some of the choices we have to offer, so log on to www.tescodiets.com for a diet profile and healthy eating plan designed for you.

Order Ref. No.
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