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**Contributors**

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# meat MATTERS

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## meat and fat

### Did You Know?

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- Excess dietary fat is considered one of several risk factors for coronary heart disease.
  - Saturated fat tends to raise blood cholesterol.
  - Higher levels of blood cholesterol are associated with an increased risk of coronary heart disease.
  - About half the fat in lean red meat is unsaturated fat (ie monounsaturated and polyunsaturated).
  - Meat provides one of the major sources of monounsaturated fat in the British diet (this fat is common in the healthy "Mediterranean type diet").
  - Red meat and meat products contribute less than one quarter of the total fat intake of all food eaten at home.
  - The fat content of pork has fallen by one third on average over the last 20 years.
  - All the essential nutrients in meat are found in the lean parts.
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### Meat and a Balanced Diet

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A healthy diet is a balanced diet which includes a wide variety of foods taken from the four main food groups: cereals and starchy vegetables; fruit and vegetables; meat, fish and alternatives; milk and milk products. Sugars and fats are also an integral part of a balanced diet, but are needed in very small amounts.



## **How to reduce Fat in the Diet**

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### **Choose lean cuts of meat and lower fat products**

- Choose lean cubes of beef, lamb or pork for casseroles or kebabs.
- There are ranges of lower fat versions of popular meat products like sausages, burgers and pâté.

### **Cut visible fat off meat during preparation or at table**

- Trim fat from meat before cooking.
- Cut off any remaining fat on the meat before you eat it.

### **Check other ingredients of recipe/meal and swap for low fat alternatives**

- Natural yogurt is a good substitute for cream (to prevent curdling add 1 tsp cornflour to each pot of yogurt).
- Use a low-fat spread instead of butter or margarine on bread.

### **Avoid adding extra fat in food preparation**

- If you do use any extra fat choose vegetable oils such as sunflower or corn oil.
- Limit your intakes of oily marinades and salad dressings.

### **Use cooking methods such as grilling, rack roasting, dry frying, stir frying, braising, microwaving, pot roasting, foil baking**

- Drain and discard fat from the pan before making gravy/sauce with remaining juices.
- Skim fat from casseroles and stews before serving.

### **Remove any excess fat from meat with kitchen towel before serving**

- Dab any grilled or fried food before serving.