

Saturated fat : fats are an essential part of our diet but 'bad fats' are often hiding in our food : We'll help you tell good from bad.

Publication/Creation

[Place of publication not identified] : [publisher not identified], [2013]

Persistent URL

<https://wellcomecollection.org/works/b532fnu3>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

SATURATED FAT

FATS ARE AN ESSENTIAL PART OF OUR DIET BUT
'BAD FATS' ARE OFTEN HIDING IN OUR FOOD

WE'LL HELP YOU TELL GOOD FROM BAD



BE FAT SAVVY

WE NEED SMALL AMOUNTS OF UNSATURATED 'GOOD' FATS TO PROTECT OUR ORGANS AND TRANSPORT SOME VITAMINS AROUND THE BODY.

BUT TOO MANY SATURATED 'BAD' FATS CAN RAISE CHOLESTEROL AND THE RISK OF HEART DISEASE.

Avoid fats from animal sources like meat, butter, lard and dairy – saturated fat is also often hidden in convenience and snack foods.

GETTING THE BALANCE RIGHT

- Cook from scratch with fresh ingredients, so you always know what you're eating
- Choose low fat dairy products – they contain the same amount of calcium but much lower saturated fat
- Reach for vegetable sticks, fruit or nuts as a between-meal snack, not sweets and crisps
- Use rapeseed or olive oil, avocados, nuts and oily fish – good sources of unsaturated fats

Remember, fresh, natural foods offer unlimited nutritional benefits compared to processed, fried foods.

