

Fat swaps : swap your bad fats for good fats : Flora Pro-active actively lowers cholesterol.

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Fat Swaps

SWAP YOUR BAD FATS
FOR GOOD FATS



FLORA
pro-activ
ACTIVELY LOWERS
cholesterol

BAD FATS

GOOD FATS



BEEF PIE
Serving Size: 200g
Bad Fats: 17g Good Fats: 22g



LEAN COTTAGE PIE
Serving Size: 321g
Bad Fats: 6.2g Good Fats: 15.4g



CRISPS
Serving Size: 28g (small bag)
Bad Fats: 3.9g Good Fats: 5.2g



TORTILLA CHIPS
Serving Size: 28g (small bag)
Bad Fats: 1.1g Good Fats: 4.9g



CHICKEN CAESAR SALAD
Serving Size: 229g
Bad Fats: 4.6g Good Fats: 3.4g



**CHICKEN SALAD WITH
OIL & VINEGAR**
Serving Size: 190g
Bad Fats: 3g Good Fats: 14.1g



ROAST BEEF
Serving Size: 90g
Bad Fats: 4.7g Good Fats: 5.6g



ROAST CHICKEN
Serving Size: 100g
Bad Fats: 2.1g Good Fats: 4.9g



**CHICKEN TIKKA MASALA
CURRY & PILAU RICE**
Serving Size: 260g+180g (rice)
Bad Fats: 14g Good Fats: 19.9g



**TANDOORI CHICKEN &
WHOLEGRAIN RICE**
Serving Size: 260g+180g (rice)
Bad Fats: 9.1g Good Fats: 19.4g



SPAGHETTI BOLOGNESE
Serving Size: 170g+75g (dry spag)
Bad Fats: 7.2g
Good Fats: 11.4g



**TURKEY MEATBALLS
& SPAGHETTI**
Serving Size: 170g+75g (dry spag)
Bad Fats: 0.9g Good Fats: 2.8g



DEEP FRIED COD & CHIPS
Serving Size: 180g+200g (chips)
Bad Fats: 16.5g
Good Fats: 33.2g



**GRILLED COD &
POTATO WEDGES**
Serving Size: 120g+200g (wedges)
Bad Fats: 1.9g Good Fats: 8.9g



**BEEF STEW WITH
DUMPLINGS**
Serving Size: 300g
Bad Fats: 9.6g Good Fats: 9.9g



**VEGETABLE & BEAN
CASSEROLE**
Serving Size: 485g
Bad Fats: 2.1g Good Fats: 4g

- For heart health, it is important to choose the right types of fat in your diet
- Experts recommend swapping foods high in **BAD FATS** (saturated) with foods high in **GOOD FATS** (monounsaturated and particularly polyunsaturated)
- This chart can help you make heart healthy swaps
- For more information on healthy recipes, diet and lifestyle, please visit www.floraproactiv.co.uk



BAD FATS

GOOD FATS



BLT SANDWICH
 Serving Size: 234g
 Bad Fats: 11.5g
 Good Fats: 32.2g



FLORA PRO.ACTIV LIGHT HAM & SALAD SANDWICH
 Serving Size: 184g+10g (spread)
 Bad Fats: 2.5g Good Fats: 6.9g



PLAIN DIGESTIVE BISCUITS
 Serving Size: 30g (2 biscuits)
 Bad Fats: 2.7g Good Fats: 3.1g



FLAPJACK
 Serving Size: 76g (average slice)
 Bad Fats: 1.8g Good Fats: 7g



VICTORIA SPONGE CAKE
 Serving Size: 60g (1 slice)
 Bad Fats: 8.0g Good Fats: 4.7g



FLORA PRO.ACTIV BUTTERY & MALT LOAF
 Serving Size: 35g (1 slice) +5g (spread)
 Bad Fats: 0.6g Good Fats: 2g



MILK CHOCOLATE
 Serving Size: 54g (1 snack bar)
 Bad Fats: 9.9g Good Fats: 5.9g



MILK CHOCOLATE COATED PEANUTS
 Serving Size: 47g
 Bad Fats: 6.3g Good Fats: 11g



BLUEBERRY MUFFIN
 Serving Size: 85g (1 muffin)
 Bad Fats: 10.2g
 Good Fats: 5.6g



PORRIDGE
 Serving Size: 210g (1 bowl)
 Bad Fats: 0.6g Good Fats: 1.4g



FULL FAT MILK & CEREAL
 Serving Size: 250g+30g (milk)
 Bad Fats: 6.3g Good Fats: 3.1g



FLORA PRO.ACTIV MILK & CEREAL
 Serving Size: 250g+30g (milk)
 Bad Fats: 0.4g Good Fats: 0.6g



1 WHITE TOAST & BUTTER
 Serving Size: 27g+10g (butter)
 Bad Fats: 5.3g Good Fats: 2.7g



1 BROWN TOAST & FLORA PRO.ACTIV BUTTERY
 Serving Size: 31g+10g (spread)
 Bad Fats: 1.1g Good Fats: 3g



FRIED EGG
 Serving Size: 60g (1 medium egg)
 Bad Fats: 2.4g Good Fats: 4.5g



BOILED EGG
 Serving Size: 50g (1 medium egg)
 Bad Fats: 1.6g Good Fats: 3g