

FATS

Contrary to popular belief, not all fats are actually bad for you. In fact, some types of fat are essential and form a very important part of a balanced diet.

Low fat diet may result in you missing out on essential nutrients. So you do need some fat, the question is which ones and how much?

TOP TIPS ON FATS

- Limit the amount of saturated and trans (fried) fats whenever possible – fried foods, burgers, sausages, pies, butter, cream, cakes etc.
- Instead choose foods that contain unsaturated fats instead, such as vegetable oils, oily fish, nuts, seeds and avocados.
- Aim to eat at least two portions of fish a week, including at least one portion of oily fish, such as salmon, mackerel, fresh tuna, sardines and pilchards
- Avoid deep fried foods and consume stir-fried, dry roasted, baked, grilled or steamed foods as an alternative.
- Snack on nuts and seeds.
- Add fresh herbs instead of butter to vegetables to make flavours more interesting.