



Good Food, Good Life

# FATS AND OILS

*Tastier, healthier choices*



EATING TOO MUCH OF THE WRONG TYPE OF FAT AND NOT EXERCISING OVER A LONG PERIOD OF TIME CAN INCREASE ONE'S CHANCES OF BECOMING OVERWEIGHT AND OBESE.

## TYPES OF FATS AND OILS

### SATURATED AND UNSATURATED FATTY ACIDS

Fats can be either saturated or as unsaturated.

Saturated fatty acids become solid at room temperature.

Unsaturated fatty acids stay liquid at room temperature.

Unsaturated fatty acids can further be broken down into monounsaturated fatty acids (MUFA) and polyunsaturated fatty acids (PUFA).

### ESSENTIAL FATTY ACIDS

Essential fatty acids cannot be produced by the body; they have to be supplied by our diets. There are 2 types of essential fatty acids are Omega-3 and Omega-6 fatty acids.

### TRANS FATTY ACIDS

Trans fatty acids are formed when unsaturated fatty acids or vegetable oils are heated in the presence of hydrogen, a process called hydrogenation.

All these types of fats affect the amount of cholesterol in the blood. Saturated and trans fatty acids can increase bad cholesterol, and unsaturated fatty acids increase good cholesterol. A good balance of omega-3 and omega-6 fatty acids increase good cholesterol.

TYPE OF FATTY ACIDS	HOW MUCH CAN YOU EAT?	MAIN FOOD SOURCES
Saturated fatty acids	Eat less of	 Animal fat such as beef and lamb fat, lard, skin from poultry, and milk fat (such as cream, butter, cheese, and other dairy products made from whole milk). Plant fat such as coconut oil, palm oil, and palm kernel oil.
Monounsaturated fatty acids (MUFA)	Eat more of	 Olive oil, canola oil, peanut oil, cashew nuts, almonds, peanuts, and avocados.
Polyunsaturated fatty acids (PUFA)	Eat more of	 Corn oil, sunflower oil, soybean oil, safflower oil, and flesh of fatty fish (such as salmon, mackerel, herring, sardines, snoek and tuna).*
Trans fatty acids	Avoid	 Some of the hard brick margarines, manufactured products (such as rusks, crackers, cookies, biscuits, crisps, instant soups), fried chips, popcorn and natural milk products.
Omega-3 fatty acids	Eat more of	 Walnuts, flaxseed oil, soybean, canola oil, flesh of fatty fish, and fish oils.*
Omega-6 fatty acids	Create a balance between omega-3 and omega-6 Fatty Acids	 Meat, poultry, eggs, corn oil, safflower oil, soybean oil, and sunflower oil.

Remember to use all fats in moderation.



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## LOWER FAT MEAL OPTIONS

The following images represent some examples of lower fat and higher fat meal options. You will notice that the unhealthy options are much higher in energy (kilojoules) and fat than the healthier options. In some cases the portions are also much bigger; while in others the portions are similar but due to the choice of food (high fat cooking method used such as deep frying OR higher fat and energy product chosen) the fat amounts are higher.

LOWER FAT OPTIONS			HIGHER FAT OPTIONS		
<b>BREAKFAST</b>			<b>BREAKFAST</b>		
Porridge			Fat Cakes (Vetkoek)		
					
1.5 cup of Mabela porridge	50ml Milk (3tbsp)	10ml Sugar (2 rounded teaspoons)	1 tbsp atchaar (12.5ml)	2 vetkoek (round, small)	4 slices polony
ENERGY: 1700 kilojoules FAT: 4g (nearly 1 level tsp of margerine / oil)			ENERGY: 2731 kilojoules FAT: 44.7g (9 level tsp of margerine / oil)		
<b>SNACK</b>			<b>SNACK</b>		
Fruit			Croissant		
	1 Banana		1 Orange		1 large croissant (110g)
ENERGY: 732 kilojoules FAT: 0.5g (traces)			ENERGY: 1744.6 kilojoules FAT: 22.3g (4.5 level tsp of margerine / oil)		
<b>LUNCH</b>			<b>LUNCH</b>		
Chicken and Salad			Sephathlo (Township Kota)(portion 426g) - with sauces		
	1 cup mash potato (milk and margarine added)		1 small chicken thigh grilled (skin removed)		1/2 cup betroot salad
	1/2 cup cooked spinach (with onion and potato)		1 glass water		Quarter loaf bread
	Chips		1 slice processed cheese		1 russian
	1 slice polony		1 fried egg		1 slice polony
ENERGY: 1626 kilojoules FAT: 17.6g (3.5 level tsp of margerine / oil)			ENERGY: 5368 kilojoules FAT: 51.5g (10 level tsp of margerine / oil)		
<b>SUPPER</b>			<b>SUPPER</b>		
Chicken Gizzards, Maize and Veg			Fried Chicken and Chips		
	1 cup cooked chicken gizzards		1 cup stiff maize meal porridge		1/2 cup cooked pumpkin
	1/2 cup cooked spinach (with onion and potato)		1 glass water		2 pieces of crumbed, fried chicken
	135g Chips (1 large potato)		1 glass fizzy soft drink		135g Chips (1 large potato)
ENERGY: 2492 kilojoules FAT: 10.8g (2 level tsp of margerine / oil)			ENERGY: 3569 kilojoules FAT: 40g (8 level tsp of margerine / oil) Added sugar: 28g (6 level tsp sugar)		
<b>DESSERT</b>			<b>DESSERT</b>		
Fruit			Cake and Soft Drink		
	1 Banana		1 Orange		1 slice black forest cake
ENERGY: 732 kilojoules FAT: 0.5g (traces)			ENERGY: 2435.2 kilojoules FAT: 15.3g (3 level tsp of margerine / oil) Added sugar: 77g (15 level tsp sugar)		