

USEFUL FACTS

Fat

- Fat is not always as visible as butter, margarine, fat or skin on meat and chicken, or the oil we cook with.
- Fat is often hidden in foods such as cakes, biscuits, confectionaries, pies, pastries and fast foods.
- A high fat intake is often the contributing factor to being overweight. Being overweight increases the chances of developing many diseases such as: Diabetes, Cancer - Colon, Breast, Heart Disease, High Blood Pressure.
- Moderation of the intake of fat should especially focus on the reduction of saturated fats and dietary cholesterol.

Butter or Margarine

- Butter and margarine contain the same amount of fat (5g in every teaspoon) but consist of different types of fats.
- Butter is mostly saturated fat, whereas margarines are mostly polyunsaturated or monounsaturated fat.
- Meadow Lea Logical and Flora Proactive margarines contain plant sterols.
- Plant sterols have been shown to lower blood cholesterol by an average of 10%.
- A reduced blood cholesterol level is associated with a reduced risk of heart and blood vessel disease.
- Remember ... Any type of fat should be used sparingly so which fat to spread is less important than the amount you use.

Recommendation

It is recommended that New Zealanders keep their fat intake to between 20-30% (40-50g) of their daily energy intake.

Handy Hints for Low Fat Food Preparation and Cooking

- Use minimal amounts of butter, margarine, oils, high-oil salad dressings and mayonnaise and cream.
- Spread less or no butter or margarine on breads.
- Use egg whites instead of whole eggs where possible.
- Restrict eggs in both cooking and eaten whole to 2-3 per person each week.
- Drink fat reduced milk or So Good Lite instead of whole milk.
- Use polyunsaturated margarine or oil instead of butter.
- Use low fat yoghurt or reduced fat cream in place of cream in savouries and desserts.
- Substitute where possible cottage cheese or ricotta cheese, or tofu, for high fat cheeses in recipes.
- Use mozzarella cheese instead of hard cheeses on pizza, pasta and in salads.
- Avoid use of sausages, luncheon meats and salami.
- Use chicken and fish and moderate amounts of lean meats.
- Trim all visible fat from meat and remove skin and fat from poultry before cooking.
- Reduce the amount of meat used in soups, stews and casseroles. Try replacing meat with legumes, tofu and nuts.
- Use lemon juice, marinades and vegetable powders to flavour foods instead of butter or margarine.
- Herbs and spices don't contain fat. Use these to add delicious flavour to dishes.
- Try sautéing onion in water instead of oil.
- Substitute filo pastry for puff pastry in recipes as it is much lower in fat.
- Grill, steam, boil, microwave or stir-fry instead of frying or roasting foods.
- Keep pies, pastries, biscuits, cakes and puddings for special occasions only - not everyday.
- When eating out, ask for meals without fatty extras such as sour cream, cream, creamy sauces or extra cheese.

Types of fat in our diets

Saturated Fatty Acids

- Found in both animal and vegetables oils
- Animal foods generally contain a higher proportion of saturated fatty acids than vegetables
- When high levels of saturated fat are consumed, high levels of cholesterol are usually present eg 1 tablespoon of butter has 44 milligrams of cholesterol
- Foods that are particularly rich in saturated fatty acids include meat, offal, dairy products, butter, dripping and lard
- Tends to raise blood cholesterol levels

Monounsaturated Fatty Acids

- Tends to lower blood cholesterol levels
- Foods that are particularly rich in monounsaturated fats include olives, peanuts and avocados

Polyunsaturated Fatty Acids

- Tends to lower blood cholesterol levels
- Foods that are rich in polyunsaturated fats include safflower, sunflower, corn and soya oils and nuts

Bright Tip!

Prepare meals with minimal added fat - especially saturated fat and salt, to avoid health problems!