



Dietary fats (Infographic)

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Fats are essential for life and proper body functioning. The fats found in foods are made up of mixtures of different types of fatty acids. Fatty acids are classified as either saturated, monounsaturated, polyunsaturated or trans. For good health, we should aim to limit our intake of saturated fats to less than 10% of daily energy by replacing them with mono and polyunsaturated fats and avoid foods containing trans fats. This infographic highlights why we need fat, the different types of fat, the fat found in common foods, and the health effects of each type.

Download the printable version [here](#).

WHY DO WE NEED FATS?



help **brain development** and function - **60%** of brain is fat



as a structural component of **cells**



support the **absorption** of vitamins

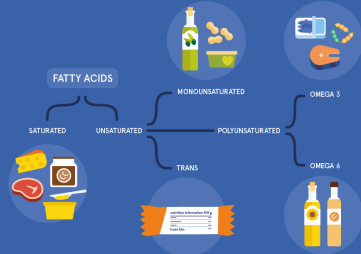


certain types help to keep a **healthy heart** and blood vessels



source of **energy**

WHAT ARE THE TYPES OF FAT?



HOW DO FATS AFFECT OUR HEALTH?

SATURATED



negatively affect LDL (bad) cholesterol levels, which increases the risk of heart disease

TRANS



negatively affect blood lipids, which increases the risk of heart disease more than saturated fat

MONOUNSATURATED & POLYUNSATURATED



replacing saturated fats with unsaturated fats can improve cholesterol levels and reduce the risk of heart disease

HOW MUCH FAT IS THERE IN COMMON FOODS?



TIPS ON FATS



limit the consumption of foods containing high amounts of saturated fat



choose lean cuts of meat & trim off visible fat



avoid processed foods containing trans fat



use vegetable oil, not animal fat



boil, steam or bake rather than fry

For more information, please view these associated materials:

[EUFIC Review \(2014\). Functions, Classification and Characteristics of Fats](#)

[EUFIC Review \(2015\). The functions of Fats in the body](#)

[EUFIC Food Today \(2015\). 8 Facts on Fats Q&A](#)

[World Health Organisation \(2015 updated\). Healthy Diet Factsheet N° 394.](#)