WHY DO WE NEED FATS? (Part 1)

- Brain development and function: 60% of brain is fat
- As a structural component of cells
- Support the absorption of vitamins
- Source of energy
- Certain types help to keep a healthy heart and blood vessels

WHAT ARE DIETARY FATS?

- Fatty acids
  - Saturated
  - Unsaturated
    - Monounsaturated
      - Omega 3
    - Polyunsaturated
      - Omega 6
    - Trans

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WHY DO WE NEED FATS?
(Part 2)

HOW DO THEY 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

**MONOUNSATURATED & POLYUNSATURATED**
- replacing saturated fats with unsaturated fats can improve cholesterol levels and reduce the risk of heart disease

HOW MUCH FATS ARE THERE IN COMMON FOODS?

- **150 g farmed salmon, grilled**
- **150 g beef sirloin steak, grilled and trimmed of fat**
- **10 ml olive oil**
- **250 ml glass of whole milk**
- **1 large egg (50 g)**

TIPS ON FATS

- limit the consumption of foods containing high amounts of saturated fats
- remove the fatty part of the meat
- avoid processed foods containing trans fat
- boil, steam or bake rather than fry
- use vegetable oil, not animal fat