

WHY DO WE NEED FATS?

(Part 1)



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



as a structural component of **cells**



support the **absorption** of vitamins

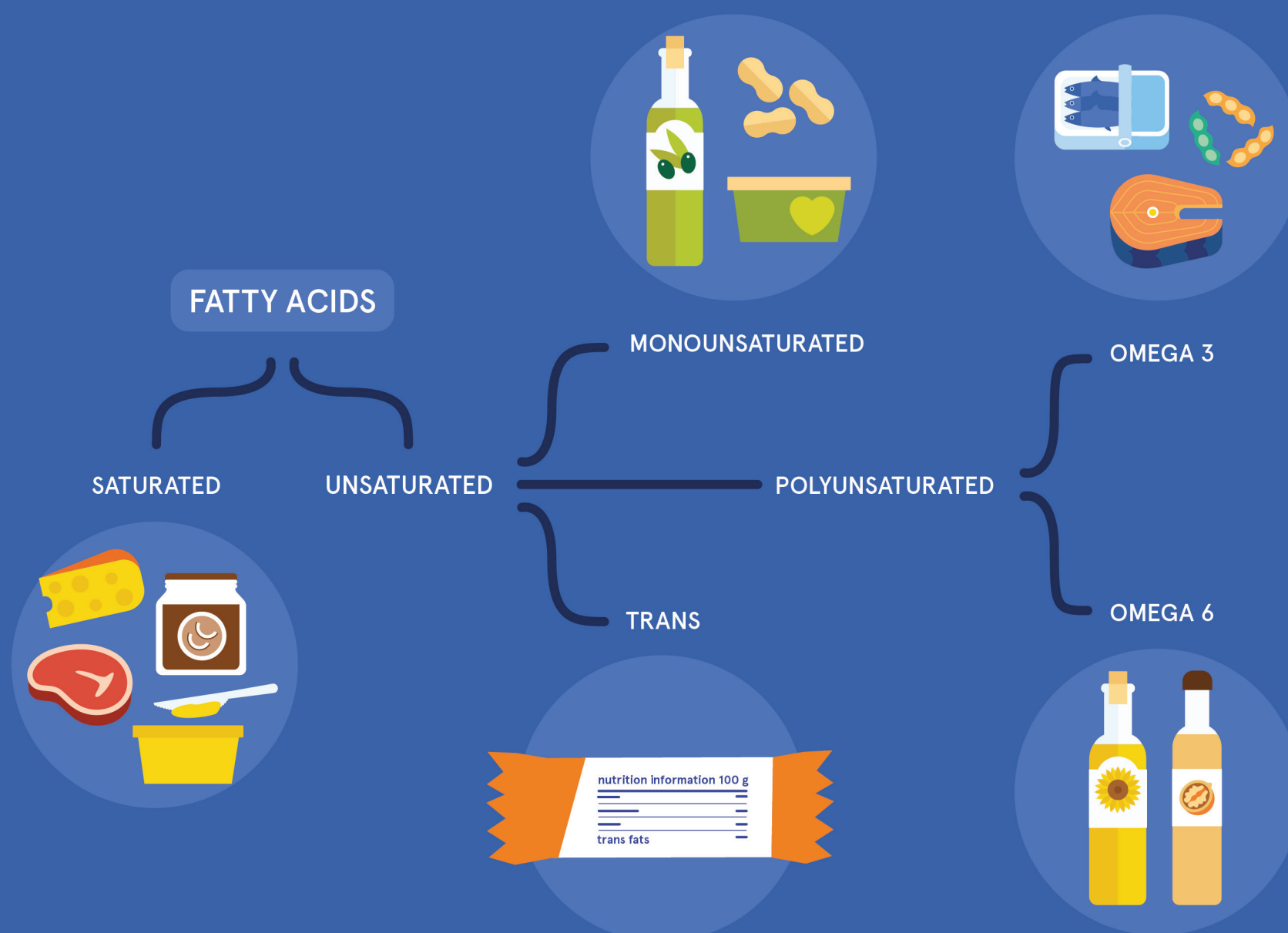


certain types help to keep a **healthy heart** and blood vessels



source of **energy**

WHAT ARE DIETARY FATS?



WHY DO WE NEED FATS?

(Part 2)

HOW DO THEY AFFECT OUR HEALTH?

SATURATED



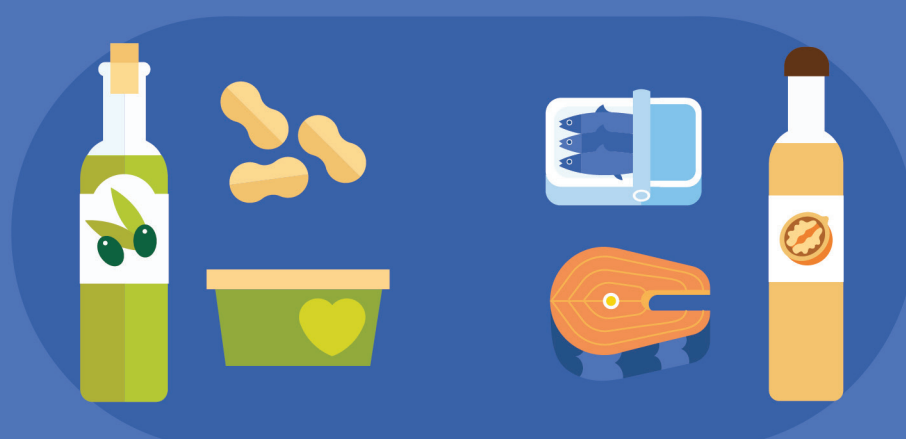
negatively affect LDL (bad) cholesterol levels, which increases the risk of heart disease

TRANS



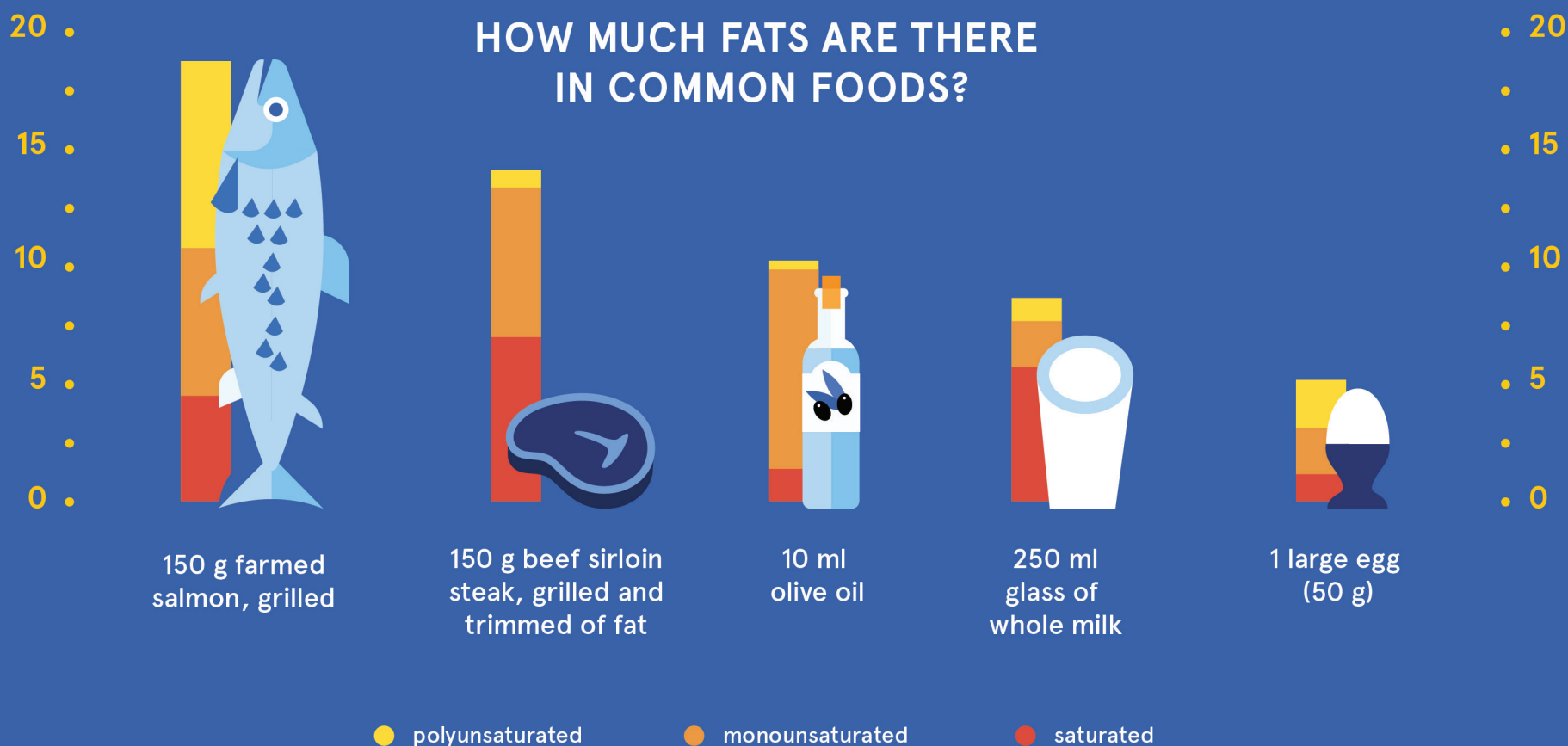
negatively affect blood lipids, which increases the risk of heart disease

MONOUNSATURATED & POLYUNSATURATED



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

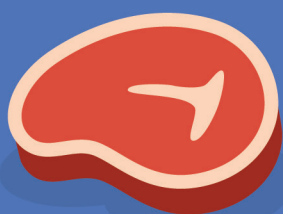
HOW MUCH FATS ARE THERE IN COMMON FOODS?



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