WHY DO WE NEED DIETARY FATS?

(Part 1)

**WHAT ARE DIETARY FATS?**

**FATTY ACIDS**
- SATURATED
- UNSATURATED

**MONOUNSATURATED**
- OMEGA 3
- OMEGA 6

**POLYUNSATURATED**
- TRANS

**source of energy**
- support the absorption of vitamins
- certain types help to keep a healthy heart and blood vessels
- help brain development and function - 60% of brain is fat
WHY DO WE NEED DIETARY 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

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