



Good Food, Good Life

# FATS AND OILS

*Tastier, healthier choices*



EATING TOO MUCH OF THE WRONG TYPE OF FAT AND NOT EXERCISING OVER A LONG PERIOD OF TIME CAN INCREASE ONE'S CHANCES OF BECOMING OVERWEIGHT AND OBESE.

## TYPES OF FATS AND OILS

### SATURATED AND UNSATURATED FATTY ACIDS

Fats can be either saturated or as unsaturated.

Saturated fatty acids become solid at room temperature.

Unsaturated fatty acids stay liquid at room temperature.

Unsaturated fatty acids can further be broken down into monounsaturated fatty acids (MUFA) and polyunsaturated fatty acids (PUFA).

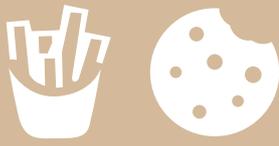
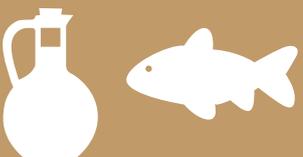
### ESSENTIAL FATTY ACIDS

Essential fatty acids cannot be produced by the body; they have to be supplied by our diets. There are 2 types of essential fatty acids are Omega-3 and Omega-6 fatty acids.

### TRANS FATTY ACIDS

Trans fatty acids are formed when unsaturated fatty acids or vegetable oils are heated in the presence of hydrogen, a process called hydrogenation.

All these types of fats affect the amount of cholesterol in the blood. Saturated and trans fatty acids can increase bad cholesterol, and unsaturated fatty acids increase good cholesterol. A good balance of omega-3 and omega-6 fatty acids increase good cholesterol.

| TYPE OF FATTY ACIDS                | HOW MUCH CAN YOU EAT?                                    | MAIN FOOD SOURCES  |
|------------------------------------|--|--|
| Saturated fatty acids              | Eat less of  |  Animal fat such as beef and lamb fat, lard, skin from poultry, and milk fat (such as cream, butter, cheese, and other dairy products made from whole milk). Plant fat such as coconut oil, palm oil, and palm kernel oil. |
| Monounsaturated fatty acids (MUFA) | Eat more of  |  Olive oil, canola oil, peanut oil, cashew nuts, almonds, peanuts, and avocados.  |
| Polyunsaturated fatty acids (PUFA) | Eat more of  |  Corn oil, sunflower oil, soybean oil, safflower oil, and flesh of fatty fish (such as salmon, mackerel, herring, sardines, snoek and tuna).*  |
| Trans fatty acids                  | Avoid  |  Some of the hard brick margarines, manufactured products (such as rusks, crackers, cookies, biscuits, crisps, instant soups), fried chips, popcorn and natural milk products.  |
| Omega-3 fatty acids                | Eat more of  |  Walnuts, flaxseed oil, soybean, canola oil, flesh of fatty fish, and fish oils.*  |
| Omega-6 fatty acids                | Create a balance between omega-3 and omega-6 Fatty Acids |  Meat, poultry, eggs, corn oil, safflower oil, soybean oil, and sunflower oil.  |

Remember to use all fats in moderation.



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## LOWER FAT MEAL OPTIONS

The following images represent some examples of lower fat and higher fat meal options. You will notice that the unhealthy options are much higher in energy (kilojoules) and fat than the healthier options. In some cases the portions are also much bigger; while in others the portions are similar but due to the choice of food (high fat cooking method used such as deep frying OR higher fat and energy product chosen) the fat amounts are higher.

| LOWER FAT OPTIONS   |   |   | HIGHER FAT OPTIONS  |  |   |
|---|---|---|---|--|---|
| <b>BREAKFAST</b>  |   |   | <b>BREAKFAST</b>  |  |   |
| Porridge  |   |   | Fat Cakes (Vetkoek)   |  |   |
|    |  |    |    |   |  |
| 1.5 cup of Mabela porridge  | 50ml Milk (3tbsp)   | 10ml Sugar (2 rounded teaspoons)  | 1 tbsp atchaar (12.5ml)   | 2 vetkoek (round, small)   | 4 slices polony   |
| ENERGY: 1700 kilojoules<br>FAT: 4g (nearly 1 level tsp of margerine / oil)          |   |   | ENERGY: 2731 kilojoules<br>FAT: 44.7g (9 level tsp of margerine / oil)  |  |   |
| <b>SNACK</b>  |   |   | <b>SNACK</b>  |  |   |
| Fruit   |   |   | Croissant   |  |   |
|   | 1 Banana  |   | 1 Orange  |  |   |
| ENERGY: 732 kilojoules<br>FAT: 0.5g (traces)  |   |   | 1 large croissant (110g)<br>ENERGY: 1744.6 kilojoules<br>FAT: 22.3g (4.5 level tsp of margerine / oil)  |  |   |
| <b>LUNCH</b>  |   |   | <b>LUNCH</b>  |  |   |
| Chicken and Salad   |   |   | Sephathlo (Township Kota)(portion 426g) - with sauces   |  |   |
|  | 1 cup mash potato (milk and margarine added)                                      |  | 1 small chicken thigh grilled (skin removed)  |   | 1/2 cup betroot salad   |
|  | 1/2 cup cooked spinach (with onion and potato)                                    |  | 1 glass water   |   | Quarter loaf bread  |
| ENERGY: 1626 kilojoules<br>FAT: 17.6g (3.5 level tsp of margerine / oil)            |   |   | 1 russian<br>1 slice polony<br>1 fried egg<br>ENERGY: 5368 kilojoules<br>FAT: 51.5g (10 level tsp of margerine / oil)   |  |   |
| <b>SUPPER</b>   |   |   | <b>SUPPER</b>   |  |   |
| Chicken Gizzards, Maize and Veg   |   |   | Fried Chicken and Chips   |  |   |
|  | 1 cup cooked chicken gizzards   |  | 1 cup stiff maize meal porridge   |   | 1/2 cup cooked pumpkin  |
|  | 1/2 cup cooked spinach (with onion and potato)                                    |  | 1 glass water   |   | 2 pieces of crumbed, fried chicken  |
| ENERGY: 2492 kilojoules<br>FAT: 10.8g (2 level tsp of margerine / oil)              |   |   | 135g Chips (1 large potato)<br>1 glass fizzy soft drink<br>ENERGY: 3569 kilojoules<br>FAT: 40g (8 level tsp of margerine / oil)<br>Added sugar: 28g (6 level tsp sugar) |  |   |
| <b>DESSERT</b>  |   |   | <b>DESSERT</b>  |  |   |
| Fruit   |   |   | Cake and Soft Drink   |  |   |
|  | 1 Banana  |  | 1 Orange  |   | 1 slice black forest cake   |
| ENERGY: 732 kilojoules<br>FAT: 0.5g (traces)  |   |   | 1 glass fizzy soft drink<br>ENERGY: 2435.2 kilojoules<br>FAT: 15.3g (3 level tsp of margerine / oil)<br>Added sugar: 77g (15 level tsp sugar)                           |  |   |