

## Our guide to 'good' dietary fats

We all need to eat some fat but it must be the **right type of fat** and in the **right amount!**

### Why do we need to include some fat in our diet?

Fats give us energy, help us to absorb some vitamins and provide essential fatty acids that our bodies cannot make (e.g. omega 3 found in oily fish). There are two main types of fat in food – 'good' unsaturated fat (including monounsaturated and polyunsaturated fats) and 'bad' saturated fat.

! All fats contain nine calories per gram so use a spoon to measure oil when cooking and try to use less.

### What are 'good' fats and why are they good?

Unsaturated fats, including monounsaturated fats and polyunsaturated fats, are considered to be 'good' fats. This is because, in small amounts, they are good for the heart and help to lower cholesterol.

Omega 3, found in oily fish, is particularly good for heart health.

### How much fat should I eat?

The average man should eat no more than 95g fat per day. Of that, saturates should total no more than 30g. The average woman should eat no more than 70g fat per day. Of that, saturates should total no more than 20g. Try to eat foods containing unsaturated fat in place of foods containing saturates.

## Foods that contain 'good' unsaturated fats

**Olive oil**  
and spreads  
made from  
olive oil



**Rapeseed oil**  
**Vegetable oil**  
**Groundnut oil**  
(peanut)

**Corn oil**



**Sunflower oil**  
and spreads  
made from  
sunflower oil



**Nuts** Almonds and walnuts are especially good for heart health



**Seeds** Try linseeds (flax seeds), sesame or sunflower seeds



**Oily fish** including fresh and canned salmon, sardines, pilchards, herring and mackerel and fresh tuna but NOT canned tuna



**Avocados**

