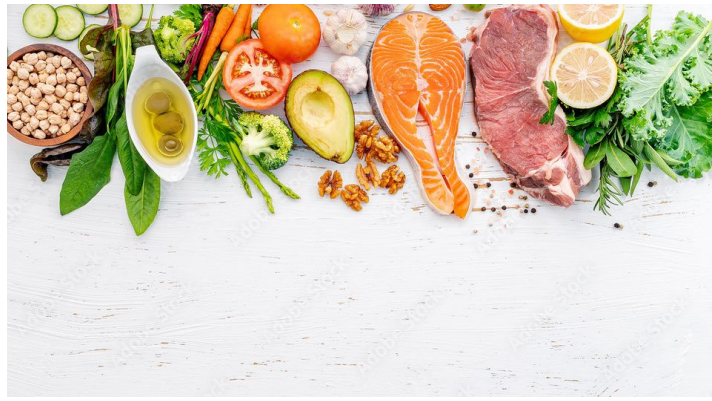


# nutrition fact sheet



## healthy vs unhealthy fats: what you need to know

Although fat has often been criticised as being unhealthy, it might be surprising to learn that we should actually be including some fats in our diet. However, it is essential to recognise the difference between healthy and unhealthy fat and how these can affect our bodies. In this fact sheet, we explore the food sources of good and bad fats and discuss some helpful tips on how we can include healthy fats in our diet.

### KEY MESSAGES

- Including a moderate amount of foods rich in healthy fats can help to improve **heart health**.
- Food rich in healthy fats include **oily fish, avocado, olive oil and nuts**.
- Food high in unhealthy fats include **pastries, sausage rolls, cookies, cakes and deep fried foods**.
- For better heart health, the goal is to **limit foods high in unhealthy fats** (saturated and trans fats) and **include moderate amounts of foods rich in healthy fats** (unsaturated fats).
- Aim for **2-3 servings of fish per week**.

**Trans fats:** Consumption of trans fats increases the level of LDL (bad) cholesterol and decreases the level of HDL (good) cholesterol in blood, which increase the risk of heart disease.

Trans fats are found in packaged foods and butter.

### Healthy fat

**Unsaturated fats** - Consumption of unsaturated fats decreases level of LDL cholesterol and increases level of HDL cholesterol, which help to reduce the risk of heart disease. This includes monounsaturated fats and polyunsaturated fats.

**Monounsaturated fats** are found in olive oil, canola oil, avocado, cashews and almonds.

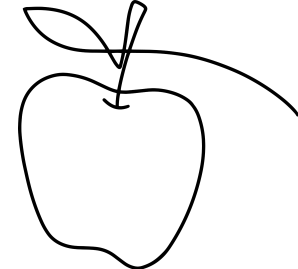
### Polyunsaturated fats:

- Omega-3 fats are found in oily fish, e.g. salmon, sardines, mackerel.
- Omega-6 fats are found in sunflower oil, soybean oil, margarine, walnuts and brazil nuts.

### Unhealthy fat

**Saturated fats** - Consumption of saturated fats is linked with an increase risk of heart disease.

Saturated fats are found in fatty cuts of meat and poultry, palm oil, coconut oil, butter, cream, full fat milk and cheese, as well as manufactured and packaged foods such as cakes, pastries, pies and, deep fried food.



## Omega-3

The Heart Foundation recommends that all Australians should aim to include **2-3 servings of fish** per week as part of a heart healthy diet. Oily fish such as sardines and salmon are the best food sources of omega 3 fatty acids. It has been shown that higher fish intake is associated with lower rates of heart disease and stroke.

## Replacing saturated fats with unsaturated fats

Butter	➔	Avocado, peanut butter
Ham, bacon		Salmon, sardine
Full fat milk		Skim or low fat milk
Cakes, pastries		Trail mix, nuts
Fatty meat		Lean meat
Poultry with skin		Skinless poultry

## Label reading tips

Total Fat:

- Generally choose foods with **less than 10g per 100g**.
- For milk and yoghurt, choose **less than 2g per 100g**.
- For cheese, choose **less than 15g per 100g**.

Saturated Fat:

- **Less than 3g per 100g** is the best.

<b>Nutrition Facts</b>		
Serving Size <b>50g</b>		
Amount per serving		
<b>Calories</b>	235	Callories from fat 12
% Daily Value		
<b>Total fat</b>	2g	4%
Saturated fat	2g	4%
Trans Fat	0g	

## Summary

It is important to include moderate amounts of unsaturated fats as part of a balanced, heart healthy diet. Consumption of saturated and trans fats should be limited.

For more information, please scan the QR Codes

Eat For Health



The Heart Foundation

