SATURATED FAT MADE SIMPLE

British Heart Foundation
BEATING HEART DISEASE TOGETHER
WHAT IS THE PROBLEM WITH TOO MUCH SATURATED FAT?

Eating a diet that is high in saturated fat can raise the level of cholesterol in your blood, over time. This increases your chance of developing heart disease.

DID YOU KNOW?

Most people in the UK eat too much saturated fat.

The average man should have no more than 30g of saturated fat a day and the average woman no more than 20g a day. Children should have less.
Which foods are high in saturated fat?

Foods that are high in saturated fat include:

- butter, ghee and cream
- full fat cheese, some yoghurts and some lassis
- fatty cuts of meat, meat products like meat samosas and some meat kebabs
- sweet snacks (mithai) like burfi, halwa, gulab jamun, cakes, biscuits and chocolates
- deep fried savoury snacks like samosas, pakoras and chevda
- coconut oil, coconut cream and palm oil
- pastry.
SIMPLY

using sunflower, rapeseed or olive oil instead of butter or ghee can help reduce your saturated fat intake.

- Use a non stick pan to reduce the amount of fat or oil you need for cooking.
- Try having chapattis and naan without adding extra butter or ghee.
SIMPLY choosing lower fat dairy products can help reduce your saturated fat intake.

- Try 1% milk for drinks, milk puddings and paneer.
- Choose low fat yoghurt and lower fat cheeses.
**Simply** grating cheese instead of slicing can mean you eat less of it, which can help reduce your saturated fat intake.

- When you’re shopping, compare the labels on different cheeses to see which contain less fat. There are some great tasting lower fat cheeses available.
- Try using cubes of tofu in place of paneer in dishes like mutter paneer.
SIMPLY eating healthier snacks when you’re on the go can help reduce your saturated fat intake.

- Many snacks can be high in saturated fat so pick up an apple, some dried fruit or another healthy option.
- Check the label and choose snacks that are lower in saturated fat.
- Think of healthier alternatives you could offer instead of samosas, pakoras, puris and bhaturas.
- Have fruit instead of biscuits, cakes, ganthias, chevda and mithai.
Reducing your intake of saturated fat reduces your risk of high blood cholesterol and coronary heart disease.

For more information on healthy eating, tips and delicious recipes, simply visit eatwell.gov.uk

For more information on keeping your heart healthy, visit us at bhf.org.uk or call our Heart HelpLine on 0300 330 3311 (a local rate number)

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