Simply eating healthier snacks when you’re on the go can help reduce your saturated fat intake.

For more simple ways to cut down, visit eatwell.gov.uk. If you want the facts on food, we’re the standard.
Saturated fat quiz sheet

1. Having too much saturated fat can...
   - a. increase the amount of cholesterol in the blood
   - b. lead to a build up of fatty deposits in the arteries that supply the heart
   - c. increase the risk of developing heart disease

2. On average, in the UK we are eating around...
   - a. 10%
   - b. 15%
   - c. 20%
   ...more saturated fat than the recommended maximum amount.

3. The average man should eat no more than 30g of saturated fat a day. The average woman should eat no more than...
   - a. 30g of sat fat per day
   - b. 20g of sat fat per day
   - c. 10g of sat fat per day

4. Which of the following are types of food that are high in saturated fat?
   - a. Standard Greek yoghurt
   - b. Pastries/croissant
   - c. Pork pie
   - d. Plain fruit bun
   - e. Semi-skimmed milk

5. Saturated fat is referred to as ‘fat, of which saturates’ on the nutrition panel.
   - a. True
   - b. False

6. If a ready meal has 6g of saturated fat per 100g, the saturated fat content is...
   - a. high
   - b. medium
   - c. low