Cut the saturated fat

Helpful hints

If you are overweight,

Cut the saturated fat

Too thin?

Eating out

Heart Information Line • 0845 0 70 80 70 (A local rate number)

Providing information on heart conditions.

Written by Paula Hunt, Registered Dietitian

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### Cut the saturated fat

This wall chart is designed to help you cut down on the saturated fat you eat. Too much saturated fat can increase your blood cholesterol level and increase your risk of coronary heart disease. If you also want to lose weight, remember that the amount, as well as the type of foods you eat, is important.

#### Check food labels

There are new 'low fat' and 'healthy eating' products on the shelf. The time, designed especially to help you eat less fat. Use the enclosed leaflet, the British Heart Foundation's 'Guide to food labelling' to help you.

#### Think portion size

If something you really love is in the 'avoid' column, remember that having a smaller portion (even a child’s portion!) will mean less fat. Fill up on 'go ahead' foods.

#### Get more active

This is another great way to help reduce your risk of coronary heart disease, and to control your weight.

#### Enjoy your food

Remember there are many delicious foods you can eat whilst also looking after your heart.

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### Food groups

- **Fruit and vegetables**
- **Bread, other cereals and potatoes**
- **Meat, fish and alternatives**
- **Milk and dairy foods**
- **Fatty and sugary foods**

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### Foods

#### Go ahead

- **Vegetables**: All raw, boiled, steamed, dry fried or grilled vegetables, fried or tinned vegetables are fine. Baked vegetables without added fat or oil.
- **Salads**: Lots of salad. Home made or commercial mixed salads like coleslaw/potato salad in a low fat or 'diet' dressing.
- **Fruit**: All fresh, canned or dried fruit. Fresh fruit salad. *Avocados* (see below).
- **Breads**: All breads eg. pitta, rolls, wholemeal. A small amount of fat spread on bread. Unsalted margarine (poly- or mono-unsaturated) and/or a reduced or low fat spread. Spread anything thinly.
- **Pasta, rice and noodles**: Plain boiled pasta, rice or noodles, or with tomato or vegetable based sauces.
- **Go ahead foods in the 'limit or use only occasionally' group**

#### Limit or use only occasionally

- **Vegetables**: If stir-frying or roasting, use only a small amount of rapeseed, olive or sunflower oil.
- **Salads**: Home made or commercial mixed salads like coleslaw/potato salad in a low fat or 'diet' dressing.
- **Fruit**: Mashed salads in heavy dressings such as coleslaw or potato salad.
- **Breads**: All fresh, canned or dried fruit. Fresh fruit salad.
- **Pasta, rice and noodles**: Home made pasta, rice or noodles with tomato or vegetable based sauces.
- **Go ahead foods in the 'avoid wherever possible' group**

#### Avoid wherever possible

- **Vegetables**: Butter or margarine when serving. Deep frying.
- **Salads**: Mixed salads in heavy dressings such as coleslaw or potato salad.
- **Fruit**: Fruit flambéed in butter.
- **Breads**: Full fat or extra skimmed milk.
- **Pasta, rice and noodles**: Adding butter or margarine high in saturated fat.
- **Go ahead foods in the 'avoid wherever possible' group**

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### Be aware

- **Avocados** are limited. Although very high in fat, a considerable proportion of their fat is in the beneficial form, monounsaturated fatty acids. Thus it is not necessary to avoid them altogether. They are highly caloric compared with other fruit and salad vegetables.

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**Shellfish** are limited, despite being quite low in total fat and saturated fat. The small amount of fat present is in the form of cholesterol which for some people may affect blood cholesterol levels. Rich sources of cholesterol include: egg yolks, organ meats, sausages, and fatty cuts of meat. Shellfish have less cholesterol than other meats, but they are high in saturated fat.