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## Dietary Fats and Cholesterol

How do the fats in our food affect our blood cholesterol levels?

- **Saturated** and Trans fats increase the bodies LDL 'lousy' cholesterol, which causes plaque build up on our artery walls and increases our risk of heart disease
- **Unsaturated** fats improve the bodies HDL 'healthy' cholesterol, which can reduce the risk of plaque build up and improve heart health
- Some polyunsaturated fats are high in omega 3 fatty acids with health benefits including: reducing blood pressure and inflammation
- Including 2-3g of plant sterols daily and increasing intake of soluble fibre can help to improve your cholesterol levels

**Recommendation: Choose unsaturated fats over saturated fats**

SATURATED AND TRANS FATS *To LIMIT	UNSATURATED FATS *PREFERRED choice	
	POLY UNSATURATED	MONO UNSATURATED
Fat on meat	Oily fish (salmon, herring,	Olive oil/margarine
Skin on poultry	tuna)	Canola oil/margarine
Ghee, lard, copha	Sunflower oil/margarine	Peanut oil
Butter, cream, ice cream	Soybean oil	Peanuts, almonds,
Palm oil	Walnuts, brazil nuts	cashews
Coconut oil/cream/milk	Soy beans	Avocado
Pastries, biscuits, cake, chocolate, crisps	Flaxseeds, chia, sesame	
Full fat dairy products		

**TIPS TO TAKE TO HEART:**

- ✓ Trim all visible fat from meat products and remove poultry skin
- ✓ Include fish 2-3 times each week
- ✓ Swap to reduced fat dairy alternatives
- ✓ Substitute high fat processed meats with tinned fish, eggs & lean meat
- ✓ Limit intake of take away foods
- ✓ Swap crisps for unsalted nuts
- ✓ Swap butter for a healthier spread such as margarine, avocado, tahini or hummus
- ✓ Swap coconut cream for reduced fat coconut milk in cooking
- ✓ When **label reading** choose:  
**Saturated Fat: less than 3g per 100g**