

Types of Fat

Most foods contain a mixture of each type of fat, but are classified according to the most predominant fat. There are 3 basic types of fat and each has a different effect on the body.

1. Saturated Fats

Saturated fats increase the level of total cholesterol and bad cholesterol (LDL) in our body. They are also associated with other harmful effects in the body eg. they may increase the risk of cancer. We all need to eat less of this type of fat.

2. Monounsaturated Fats

Monounsaturated fats reduce the level of bad cholesterol (LDL). These fats should make up the majority of fats in the diet.

3. Polyunsaturated Fats

There are 2 forms of polyunsaturated fats: omega 3 and omega 6 fats. Omega 3 fats reduce the tendency for blood to clot, protect against arrhythmias, lower triglycerides and may lower elevated blood pressure. Polyunsaturated fats are effective at reducing total and LDL cholesterol.

The following guide can be used to help get the right balance of fats in your diet.

SATURATED FATS	POLYUNSATURATED FATS	MONOUNSATURATED FATS
Avoid	Include	
Meat fat Chicken skin Salami and mettwurst Fritz Sausages Full cream milk Cheese Regular yoghurts Cream Premium ice cream Butter Lard Dripping Unspecified oils Blended vegetable oils Palm oil Copha Cooking margarine Coconut, coconut milk and cream Savoury biscuits Commercial biscuits and cakes Pastries Croissants Pastry, pies, pasties Deep fried fast foods Hot chips Potato and corn chips Chocolate	Polyunsaturated margarine Polyunsaturated oil Sunflower oil Safflower oil Maize oil Corn oil Cotton seed oil Sesame oil Soybean oil Seeds - sunflower, pumpkin, sesame, linseed Nuts – walnuts, pine nuts, brazil nuts Fatty fish	Canola oil Canola margarine Olive oil Olive oil margarine Sunola oil Peanuts Peanut oil Peanut paste Avocado Olives Almonds Cashews Macadamia Pecans Pistachios Peanuts
	Even when following a low fat diet, it is important to include some polyunsaturated and monounsaturated fats for good health.	