

Healthy Eating

Fats

A low fat diet can help you keep a healthy weight, which in turn will help keep your blood pressure down.

A diet that is low in fat can also help you keep down the level of cholesterol in your blood. Too much cholesterol can raise your risk of heart disease and stroke, so if you have high blood pressure it is very important to keep your cholesterol levels low.

Types of fat

TIP – THE TYPE OF FAT YOU EAT IS IMPORTANT. SOME FATS ARE MORE LIKELY TO RAISE YOUR CHOLESTEROL LEVELS.

Avoid eating too much saturated fat. This is usually found in red meats, butter, palm oil or ghee.

Polyunsaturated fats or monounsaturated fats can be found in olive oil, rapeseed oil or sunflower oil. Unlike saturated fat, these fats will not raise your cholesterol levels. However, they will still cause you to gain weight if you eat too much.

Making the right choice – the amount of fat in your food (based on the amount of fat per 100g)

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| • If there is 3g total fat or 1g saturated fat | Good choice of food |
| • Between 3 – 20g total fat or 1 – 5g saturated fat | Eat these foods occasionally |
| • More than 20g total fat or 5g saturated fat | Avoid these foods completely |