

## **THE FOOD STANDARDS AGENCY (FSA)** is encouraging UK consumers to take positive steps in reducing saturated fat intake.

Evidence shows that in the UK we are eating 20% more saturated fat than is recommended, which could lead to a build up of fatty deposits in the arteries that supply the heart. This can put you at greater risk of heart disease and heart attacks, which reduce the quality of life for those living with the illness and, in worst cases, are fatal.

The campaign aims to reduce our saturated fat intake by encouraging us all to make easy practical changes to the way we shop, cook and eat, such as simply eating chicken without the skin, trying 1% fat milk with your cereal, and choosing healthier snacks, like an apple or some dried fruit, when you're on the go. The campaign also reminds people to compare labels and choose the option that is lower in saturated fat as a simple way to reduce the amount of saturated fat in their diet.

### **CHECK THE LABEL**

An easy way to reduce the amount of saturated fat you eat is by checking the label and choosing those foods which are lower in saturated fat.

By looking at the saturated fat content on the label you can:

- compare similar products and find out which is lower in saturated fat
- find out if the food is high, medium or low in saturated fat – High is more than 5g sat fat per 100g, Low is 1.5g sat fat per 100g
- work out how much saturated fat will be in the portion you would eat

It is important to be aware that there can be a significant difference in the amount of saturated fat in different ranges or brands of the same type of food.

Remember saturated fat may appear as sat fat or saturates on food labels.

Current recommendations are that no more than 11% of an adult's energy should come from saturated fat, which means that the average man should have no more than 30g a day and the average woman no more than 20g a day. Children should eat less saturated fat than adults (for more information on children's diet, see [eatwell.gov.uk/agesandstages](http://eatwell.gov.uk/agesandstages)).

### **TOP TIPS FOR EATING OUT**

- Coffee Shop - Swap a large whole-milk latte for a regular 'skinny' latte.
- Indian - Go for dry or tomato-based dishes like tandoori or madras, instead of creamy curries like korma, passanda or massala. And go for plain rice and chapatti instead of pilau rice and naan.
- Fish and Chips - Ask what fat they use for frying – sunflower and rapeseed oils are lower in saturated fat than tallow and palm oil. Also ask for lightly battered fish.
- Chips - Try to go for thick straight-cut chips, instead of French fries or crinkle-cut, because these absorb less fat.
- Pizza - Choose lower-fat toppings like vegetables, ham, fish and prawns, instead of pepperoni, salami or extra cheese.

- Kebabs -Go for a shish kebab with pitta bread and salad, rather than a doner kebab.
- Chinese - Go for lower-fat dishes like steamed fish, chicken chop suey and Szechwan prawns. And watch out for anything deep fried in batter, like sweet and sour pork.
- Thai - Try to stick to stir-fried or steamed dishes containing chicken, fish or vegetables. Watch out for curries containing coconut milk, which is high in saturated fat, and if you do choose one of these, try not to eat all the sauce.

## SENSIBLE SWAPS

- Go for back bacon in your bacon sandwich instead of streaky bacon – it contains less saturated fat.
- Go for tomato or vegetable-based sauces instead of creamy or cheesy sauces.
- Go for a reduced-fat spread instead of butter, because it will contain less saturated fat.
- When you need a snack, try picking up some fruit, toast, a low-fat yoghurt or a handful of unsalted nuts, instead of chocolate, doughnuts, croissants or pasties.
- Go for a lower-fat cheese in your lunchtime sandwich.
- If you're going to have something sweet, instead of cakes or biscuits, try having a currant bun, scone or some malt loaf – plain or with reduced-fat spread.

## TOP TIPS FOR HOME COOKING

- Try grilling meat instead of frying.
- Eat chicken without the skin. And when you're cooking chicken, go easy with the creamy sauces – try a bit of lemon and some herbs instead.
- Trim the fat off meat such as steak and chops.
- When you're cooking, use unsaturated oils such as sunflower, olive and rapeseed, instead of butter, lard and ghee.
- Grate cheese instead of slicing – this can help you eat less of it. And when you're shopping, compare the labels on different cheeses to see which contain less saturated fat.
- When you're cooking a stew or casserole, skim the fat off the top before serving, if you can.
- If you're using cheese to flavour a dish or sauce, try a very strong-tasting cheese, such as mature Cheddar, because then you'll need less.
- Try making mashed potato with low-fat spread and semi-skimmed or 1% fat milk, instead of butter and whole milk.
- Make sure your meals contain lots of fruit and vegetables and plenty of rice, potatoes, pasta and other starchy foods. These are low in saturated fat, so they help make your meals healthier.
- When you're cooking a dish containing mince, like spaghetti Bolognese or cottage pie, brown the mince and then drain off the fat before adding other ingredients.

For more information or tips on healthy eating visit <http://www.eatwell.gov.uk>