

Fats & Sugars

Week 5

- This week we are concentrating on fats and sugars, including different types of fats and different types of sugars
- Drinking water



Saturated Fats



Found in

Dairy products such as milk, cheese, cream, ice cream and yoghurts

Meat – processed products such as burgers, sausages and pies.

Butter and lard

Monounsaturated fats

Healthy fats that can lower cholesterol levels and keep your heart healthy

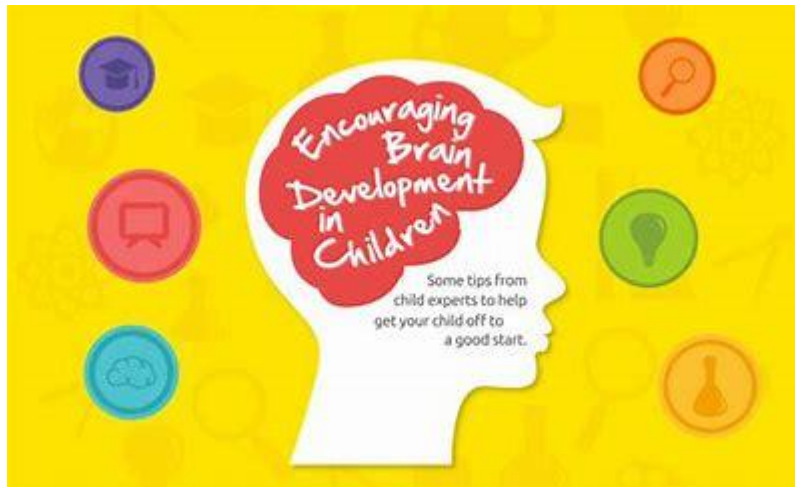
Can be found in peanuts, (ten nuts a day equals a full serving of protein and fat)

Olives, almonds, avocado's, rapeseed oil and olive oil

Mediterranean diets use olive oil on most of their cooking and salad dressings and they have some of the lowest rates of heart disease in the world



Polyunsaturated Fats – Omega 3 & 6



Fish, especially oily fish, is the main dietary source of omega- 3 fatty acids.

Suggested benefits of these essential fatty acids include roles in cognition, brain development, visual acuity, ADHD, autism, behaviour and intelligence.

Food omega 3 is found in –
sardines, salmon or mackerel, walnuts, flaxseeds, linseeds or green leafy vegetables.
Some foods such as eggs or fish products may be fortified with omega-3.

Omega-6 is found in nuts, seeds and vegetable oils/spreads, such as rapeseed, corn, or sunflower

Trans fats (Hydrogenated Fats)

This type of fat should be avoided!!

Mainly found in fried and processed foods i.e. pastries, biscuits, cakes, fast foods and processed meat products.



Ways to cut down fat



- Grill meat rather than frying
- Use smaller quantities of meat and more vegetables, pulses and starchy foods
- Choose lower fat milk such as semi-skimmed
- Butter is high in fat, so use sparingly
- Cream is high in fat – try using plain yoghurt or fromage frais

Sugars

Sugar is a broad term for a simple carbohydrate. Sugars can be:

- Natural (e.g., found in fruits, vegetables, plants and dairy products)
- Commercially produced in large quantities and added to foods

The Scientific Advisory Committee on Nutrition (SACN) recommends that free sugars should account for no more than five per cent of our total daily energy (calories) intake. This is equivalent to:

- 19g or five sugar cubes for children aged four to six
- 24g or six sugar cubes for children aged seven to ten
- 30g or seven sugar cubes for 11 years and over



Sugars (cont..)



- Sugar-sweetened drinks (including fizzy drinks, juice drinks, energy drinks, squashes and alcoholic drinks)
- Cereal-based products (biscuits, cakes, pastries and sweetened breakfast cereals)
- Confectionary (chocolate, chocolate spread and sweets)
- Dairy products, such as sweetened flavoured milk and yoghurts
- Savoury products can also contain some sugar, such as tomato ketchup or pre-prepared sauces.
- It is important to read food labels to know how much sugar they contain

Suggestions for healthy sweet options

- Light or low-fat yoghurts
- Reduces sugar or no added sugar jams
- Baked apples
- Sugar free fizzy drinks
- Cut down on fats and sugar by eating fewer sweets, cakes and biscuits and drinking fewer sugary soft drinks
- Ensure you are drinking water to keep the body hydrated



Water, Drinks and Health



- Drink 6-8 glasses of water a day
- Water is a healthy and cheap choice for quenching thirst at any time
- Water has no calories and contains no sugars that can damage teeth
- Flavoured water drinks can contain a large amount of sugar – so check before you buy

Further Resources

This is a free 8-week email programme that encourages families to eat better and move more, with budget conscious, easy and practical ideas.

www.healthysteps.uk



Thank You