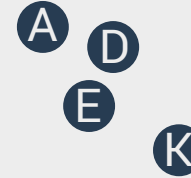


as a structural
component
of **cells**



support the
absorption
of vitamins



Why do we need dietary fats?

help **brain
development**
and function



60% of
brain is fat

source
of **energy**

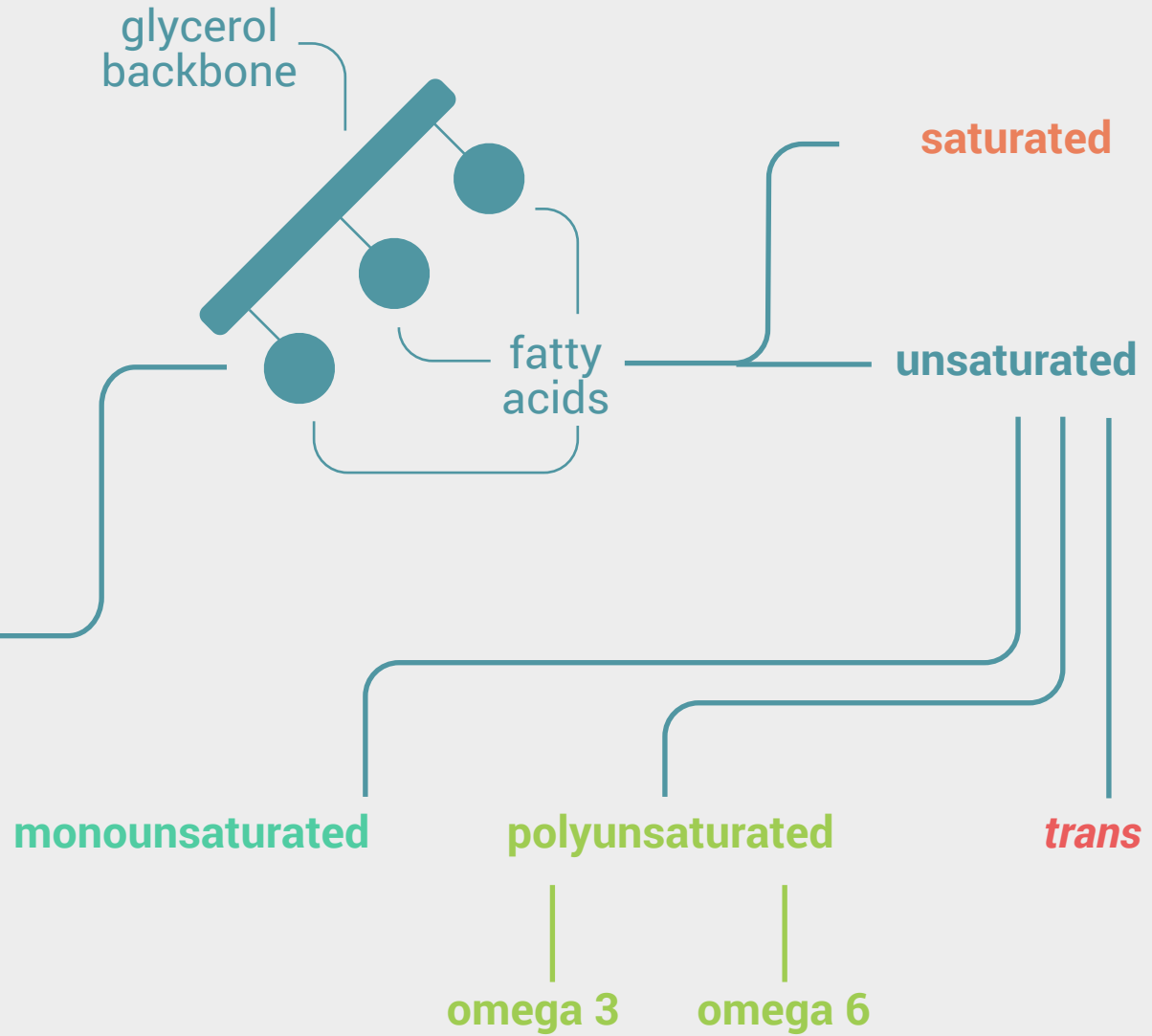


certain types
help to keep a
healthy heart
and blood vessels



What are dietary fats?

over
90%
of fats are
triglycerides



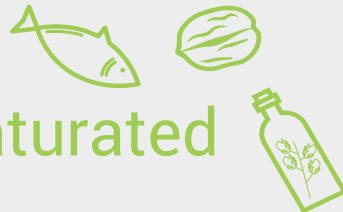
How do fats affect our health?

mono
unsaturated



decrease cholesterol
and cardiovascular
disease levels,
especially when
replacing saturated fats

poly
unsaturated



saturated



increase
cholesterol
levels

trans

increase
cardiovascular
disease risk and
cholesterol levels

Generally
we eat too
much fat

How much fat do we really need per day?



45 - 77 g
of total fat

< 22 g
of saturated fat

55 - 97 g
of total fat

< 27 g
of saturated fat



How much fats are there in common foods*?



● polyunsaturated

● monounsaturated

● saturated

*standard portion sizes

Avoid processed foods containing **trans fat**



Limit the consumption of foods containing high amounts of **saturated fats**

Use vegetable oil, not animal fat

from the World Health Organization

Boil, steam or bake rather than fry

Remove the fatty part of the meat