

## Understanding Dietary Fats

Fats have many important roles in our bodies, including providing structure to our cell walls, assisting in the production of hormones such as oestrogen and testosterone, and helping us to absorb fat soluble vitamins vitamins A, D, E and K.

Different types of dietary fats have different effects on your body, and eating a variety of healthy fats can support your health. Healthy fats tend to be liquid at room temperature and can also help you to feel fuller after a meal.

### **Foods containing healthy fats you can enjoy:**

- Oily fish, Salmon, Mackerel, Trout, Sardines, Pilchards, Anchovy
- Olives
- Olive oil
- Avocado and its oil
- Nuts especially almonds, pistachios, cashew, walnuts and their oils
- Seeds- flax seeds, sesame, pumpkin, sunflower, chia and their oils
- Coconut oil
- Rapeseed oil

### **Foods containing less healthy fats - eat these in moderation:**

- Animal based fats from meat
- Dairy based fats
- Processed and baked goods often contain a high amount of less healthy fats

## **Cooking with Fats**

It's generally advised to cook with fats at lower temperatures to prevent changes to the structure of the fat. Try lightly frying, steaming and simmering food and aim to avoid deep fat frying.

You can also drizzle fats high in PUFAs (polyunsaturated fatty acids) like olive oil onto already cooked foods, or as a salad dressing.

There are lots of ways you can enjoy healthy fats and support your long-term health!