

↓ THE LOWDOWN ON

GOOD FATS

Find out which ones are your friends – and the ones to avoid

THE FOUR FATS TO KNOW

 GOOD ▲ Monounsaturated ▲ Polyunsaturated	 BAD ▲ Saturated ▲ Trans
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HELP YOUR BODY'S TRANSPORT NETWORK

Fat ferries fat-soluble vitamins **A, D, E** and **K** around the body.

- ▲ **A** boosts levels of collagen and elastin
- ▲ **D** prevents skin damage and supports hair growth
- ▲ **E** slows the creation of dark spots and wrinkles
- ▲ **K** speeds up the healing process of bruises, marks and scars

£175m

worth of avocados – packed with good fats – have been consumed by Brits in the past year

THERE ARE TWO TYPES OF POLYUNSATURATED FATS:

Omega-3: In flaxseed and rapeseed oil
Omega-6: In sunflower seeds, sesame seeds, corn oil, durum wheat
Find both omegas in: walnuts, soy products, some vegetable spreads

Wonder oil?
 Rapeseed oil is rich in monosaturated fats and omega-3, with half the saturated fats of olive oil. Drizzle on salad or use to fry, bake or roast





STATE OF FATS

Saturated: Usually solid at room temperature
Monounsaturated: Stays liquid at room temperature, but solid when refrigerated
Polyunsaturated: Liquid at room temperature and when refrigerated
Trans: Formed when food is processed

REMEMBER!
 Keep your omega-3 intake higher than your omega-6 – too many omega-6s may contribute to inflammation and weight gain

HOW OMEGA-3 HELPS

 OMEGA-3 IMPROVES: ▲ Memory span ▲ Learning ability ▲ Happiness levels	 DEFICIENCY IS LINKED TO: ▲ Depression ▲ Anxiety ▲ Bipolar disorders
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Did you know...
 3500 kcal = 1 pound of fat

ONE SERVING OF DARK CHOCOLATE (30G)

can provide around 4.5g of good fats, plus vitamins A, B2, calcium, iron and magnesium



30%

of your daily calorie intake should contain good fats

SIGNS YOU'RE NOT GETTING ENOUGH FATS:

- ▲ Dry, itchy, or flaky skin
- ▲ Soft or cracked nails
- ▲ Bumps on the backs of arms
- ▲ Achy or stiff joints
- ▲ Hard earwax

WHAT MAKES FATS 'GOOD'?

- ✔ Reduces cholesterol
- ✔ Helps prevent clogging arteries
- ✔ Helps control blood sugar levels
- ✔ Cuts risk of type 2 diabetes