Fats and cholesterol

Reduce unhealthy fats
Unhealthy fats include saturated fats and trans fats. Too much of these fats can increase your cholesterol and can lead to heart disease.

Saturated fats are found in meat, and in animal fats like lard, dripping or butter. Replace these products with healthier unsaturated fats to keep your cholesterol levels healthy.

• Remove the fat from meat and skin from chicken before you cook it.
• Eat less processed meats like sausages, salami and devon.
• Only eat deep-fried foods and take-away foods on special occasions, not regularly.
• Eat less processed foods like pies, pastries, cakes, biscuits, buns and chocolate.

Enjoy healthier fats
‘Unsaturated’ fats can help to keep your cholesterol levels healthy, which can help to lower your risk of getting heart disease. Unsaturated fats are found in fish, nuts and avocado as well as olive and canola oils.

• Eat fish twice a week, especially oily fish like tuna, salmon, and sardines. Tinned or fresh fish are both good options.
• A handful of nuts are full of healthy fats and make a great snack.
• Use olive oil or canola oil for cooking, and use a canola- or olive oil-based margarine or avocado in place of butter.

Enjoy healthy eating
To help keep your cholesterol levels healthy, enjoy a variety of food every day including:

• two serves of fruit
• five serves of vegetables
• wholegrain cereals, breads, pasta and rice
• lean cuts of meat, seafood and eggs
• fresh or canned fish at least twice a week
• plenty of water.

We all need to eat some fat each day, but some fats are better for us than others.

Limiting foods high in unhealthy fats is important for almost everyone, especially if you have heart disease, high cholesterol or are overweight.

However, this does not mean you need to follow a ‘low fat diet’.

Here are some ideas to help you make healthier choices when it comes to fat.

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A note on eggs: In the past, eggs have been given a bad name due to confusion about cholesterol and fat levels. However, fresh eggs are a healthy food for people of all ages. Eggs are cheap and quick and easy to prepare. Even if you have heart disease or high cholesterol you can eat up to six eggs each week.

Have a healthy life

- Get active for at least 30 minutes each day.
- Don’t smoke.
- If you drink alcohol, limit your intake to no more than two standard drinks each day.