

# Moderating Fat Intake

Apply your knowledge of reading food labels when you go shopping – this will help you make healthier choices.

Watch out for the “invisible fats” in many foods. Some foods appear to be fine but actually high fat content. Always check the label or if you are dining out ask what is in the dish.

Minimise the number of “take a ways” you eat. Fast food restaurants will use fat to prepare most meals. Additionally, the fat they use will be saturated fat or hydrogenated fat, both high in calories and unhealthy.

When dining out, stay away from sauces or dishes made with cream or cheese. Opt for a tomato or vegetable-based sauce.

Try to select foods which provide some of the essential fatty acids – known to provide health benefits - including oily fish, nuts and dark green leafy vegetables.

If you use visible fats like butter, spreads and oil simply half the amount you use. This can be done by putting half the butter on the knife back or frying with half water and half oil. Remember that just 10g of fat contains 90 kcals.

Dining out is an opportunity to treat yourself - for example, fresh tuna, served in many restaurants, is rich in essential fatty acids and is probably something you wouldn't often have at home.

If there's no choice just eat less of the fatty food item – you don't have to finish everything on your plate!