

It can be tempting at times to overindulge in tasty treats. Moderation is key and we must be mindful that overconsumption of foods high in fats, sugar and salt can lead to obesity which increases the risk of developing chronic non-communicable diseases such as Heart Disease, Diabetes, Hypertension, High Cholesterol, and other health complications.

When grocery shopping, practice to read nutrition facts on ultra-processed products to know how much fat is contained in them. An easier way for us to understand this information is for the government to implement the High In black octagon warning label so that at a glance, you will know if this product is right for you.



## Fats

Although fats are essential for energy and add flavour to food, too much fats, specifically saturated and trans-fats can cause harm to your health by raising bad cholesterol levels and cause heart diseases.<sup>1</sup> Eating foods lower in saturated fats and trans-fats will help to reduce the risk of obesity, heart disease and other health complications.

Foods with monounsaturated and polyunsaturated fats are healthier options. According to the American Heart Association, these healthy fats help to reduce bad cholesterol levels and raise good cholesterol levels. They also provide Vitamin E and make you feel full, which can help to reduce your calorie intake.<sup>2</sup>

Here are some healthier alternatives to foods high in saturated fat and trans fat. Swapping one for the other can enable you to make healthier food choices for yourself, children and loved ones. Don't be too surprised if you see that one or more items repeat in different areas!

Foods with Unhealthy Fats	Foods with Healthier Fats
Chips and fries	Baked sweet potato wedges; carrot or celery sticks
Milk Chocolate	Dark chocolate
Ice cream	Natural blended fruit smoothie with no added sugar; fruit salad
Regular Butter or Margarine	Mashed avocado, nut butter, olive oil
Burger	Homemade sandwich with lean meat e.g. Chicken breast; Lentil patty/burger
Pizza	Veggie or grilled chicken pizza with cauliflower or whole grain base
Full cream milk; whole milk	Skimmed or low-fat milk; almond, oat or soy milk
Salad dressing	Freshly squeezed lime, lemon or orange juice; Basic vinaigrette; Wine vinegar
Butter, margarine or sandwich spread	Homemade hummus, mashed Avocado
Cookies	Low calorie-low-sodium fat free crackers
Cakes, muffins, donuts, sweet rolls and other pastries	English muffin, bagels without fat/spread, fruit salad
Canned beans and peas	Fresh beans and peas
Homemade gravy with fat and/or milk or packaged coconut milk	Gravy made with water, fat-free milk
Cheese	Fat-free cheese; goat cheese (if available and affordable)
Coffee creamer	Low-fat, reduced or skimmed milk
Pasta with cheese	Pasta with vegetables
Cold cuts/Luncheon meats (salami, bologna, ham slices, spam)	Lean meats (turkey breast, chicken breast)
Ground beef (mince)	Ground turkey, chicken mince
Patty	Homemade sandwich
Pasta with Alfredo or other white sauce	Whole grain pasta with fresh tomato sauce or paste/marinara

Foods with Unhealthy Fats	Foods with Healthier Fats
Canned Tuna, Sardine or Salmon in oil	Tuna, sardine or salmon in water
Whole eggs	Egg white
Fried eggs	Boiled or poached eggs
Full fat yogurt	Low fat yogurt
Fried Chicken	Grilled/Baked/Broiled/Roasted chicken
Chicken/ turkey with the skin	Chicken/turkey without skin
Some shellfish eg. Shrimp, Prawns, Crab, Lobster (High cholesterol)	Low cholesterol shellfish such as Oysters, Clams, Scallops and Mussels. Salmon and white fish e.g. Snapper
Red meats with marbling (oxtail, beef chuck & rib, goat, etc.) and some Offals e.g. Liver, Kidney	Leaner cuts of meat (e.g. Beef round or loin, chicken breast without skin, turkey breast and fish); black beans, chickpeas; Offals in small amounts as they provide micronutrients as Iron, Zinc, etc
Pork (spare ribs, untrimmed loin and with skin)	Pork tenderloin or trimmed; Smoked Pork chops
Commercial popcorn	Air popped popcorn with no added butter
Mashed Potatoes with added fats (mayonnaise, butter and/or milk)	'Mashed potatoes, pumpkin or carrots with olive oil or non-dairy butter
Mayonnaise	Light mayonnaise or mustard
Cooking Oil <sup>3</sup>	Coconut oil; pure olive oil (preferably not heated); Corn oil; Canola oil
Heavy cream	Freshly grated/blended Coconut milk

#### References

1. Center for Disease Control and Prevention. (n.d.). *Fats- Saturated, Unstaurated and Trans Fat*. Retrieved from [https://www.cdc.gov/diabetes/prevention/pdf/postcurriculum\\_session2.pdf](https://www.cdc.gov/diabetes/prevention/pdf/postcurriculum_session2.pdf)
2. American Heart Association. (2015). *Monounsaturated Fats*. Retrieved from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/monounsaturated-fats>
3. American Heart Association. (2018). *Healthy Cooking Oils*. Retrieved from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/healthy-cooking-oils>

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# Hearty SWAPS to reduce FATS

