

What is the latest dietary advice for fats & oils?

This brochure will help you cut through the confusion by busting the current myths and providing up-to-date information on the amount and type of fats that help support better health.



The latest advice on fats and oils consumption is:

- 1. Limit foods high in saturated fats**, which come mostly from animal sources, and
- 2. Replace with foods high in unsaturated fats¹⁻²**, which are mostly plant-based foods, in amounts up to 3-4 serves per day.

Getting the balance right

Limit foods high in saturated fats	Replace with foods high in unsaturated fats
Come from mostly animal foods	Come from mostly plant-based foods
Red meat with visible fat Processed meats e.g. sausages, salamis, hams Butter Processed foods like pastries and cakes Tropical oils like palm and coconut	Oily fish e.g. salmon Nuts and seeds Margarine Plant oils e.g. olive oil, rice bran and peanut oil

What is the right balance of unsaturated fats and oils?

1 serve of unsaturated fat spread + 1 serve of unsaturated fat oil + 1 serve of unsaturated fat food

What is one serve?

1 serve of unsaturated fat plant spread every day	2 teaspoons (10 grams) Margarine or 1.5 teaspoons (10 grams) Nut pastes	 OR 
1 serve of unsaturated fat plant oil every day	2 teaspoons plant oils e.g. olive, canola, rice-bran, safflower or sunflower	
1 serve of unsaturated fat plant food every day	1 handful (30g) of mixed nuts or seeds or 1/4 (25 grams) Avocado	 OR 

Small changes to get the balance right



Getting a good balance of fats is as simple as replacing foods high in saturated fats with foods high in unsaturated fats as part of a healthy diet.

	Replace foods high in saturated fat..	.. with foods high in unsaturated fat	
Breakfast	Butter on wholegrain toast with baked beans and a serve of fruit	2 teaspoons of margarine on wholegrain toast with baked beans and a serve of fruit	
Lunch	Butter on wholegrain bread with chicken and salad	1/4 avocado on wholegrain bread with chicken and salad	
Snacks	1 Pastry	1 handful (30g) of mixed nuts	
Dinner	Lean beef and vegetable curry with brown rice (using coconut oil)	Lean beef and vegetable curry with brown rice (using 2 teaspoons olive oil)	

If your cholesterol levels are high

Follow the guidelines above but also choose products that actively lower your cholesterol:

1. Add **plant-sterols** to your diet, by including **25 grams (1 rounded tablespoon) of plant-sterol enriched margarine** per day to lower your cholesterol by up to 10% in 3 weeks.* Use as part of a healthy diet which is low in saturated fats.
2. Eat a **good balance of fats** by including **3-4 serves a day** of unsaturated fat, such as 1 handful of mixed nuts, 1/4 avocado, 2 teaspoons unsaturated fat oil or plant-sterol enriched margarine.
3. Eat more **soluble fibre**, by having **cooked oats** at breakfast, **cooked barley** to replace rice, and add **legumes** to salads casseroles and stir-fries.

For more information about healthy fats, visit www.FloraProActiv.com.au.

Speak to your healthcare professional before starting any dietary program.

This brochure was supported by Unilever Australia. July 2017.

References

1. Sacks et al. Circulation. 2017;135(25).
 2. National Health and Medical Research Council. Australian Dietary Guidelines 2013. Canberra.
- * With daily consumption of 25g over a 3 week period whilst on a balanced diet.

