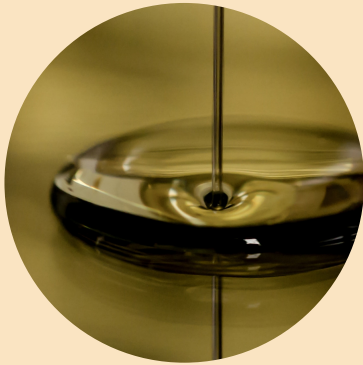


HEALTHY EATING TIPS CARD

HOW MUCH FATS CAN WE EAT?


Fat provides energy, prevents heat loss and can help to carry fat-soluble vitamins (A, D, E, K). However, excess intake is associated with increased risk for chronic diseases such as obesity, hypertension and diabetes¹




RECOMMENDATIONS ON DAILY INTAKE:

- Fats should contribute to 20-35% of daily energy intake for adults, equivalent to 44-67 g in a 2000 kcal diet for an average adult^{1,2}
- An energy percentage reduced to 15-30% may help to prevent non-communicable diseases¹
- Limit to a maximum of 6 servings of fats and oils every day³

ONE SERVING EQUALS TO:³

 Vegetable oil x 1 teaspoon

 Peanut butter x 2 teaspoons

 Salad dressing x 1 tablespoon

i.e. limit to 2 teaspoons of cooking of oil or fat per person for each meal⁴

TIPS TO REDUCE UNHEALTHY FAT INTAKE:

FATS AND OILS³

- o Choose more: Vegetable oils such as olive oil, canola oil, corn oil
- o Choose less: Butter, lard, coconut oil, cream

RECOMMENDED COOKING METHOD OVER DEEP-FRYING³

- o Steaming, boiling, baking, stir-frying

Per 100 g ⁵	Fried rice with tomato and beef	Tomato and beef on steamed rice	Deep-fried fish fillets	Steamed fish	Deep-fried drumsticks	Grilled drumsticks
Calories (kcal)	150	120	248	126	273	184
Fat (g)	4.9	1.8	11.6	0.2	16.2	9.0

NUTRITION LABEL^{3,4}

- o Check nutrition labels when choosing pre-packaged foods and beverages, compare and select products with low fat content and avoid those with saturated fat

Low fat = solid/liquid food containing $\leq 3/1.5$ g of total fat per 100 g/mL of food as per Hong Kong food labelling requirements⁶



References: 1. HK Centre for Food Safety. Nutrient information inquiry. Available at: <https://www.cfs.gov.hk/english/nutrient/nutrient.php>. Accessed on 02Apr2019. 2. HK Centre for Food Safety. Food Safety Focus (32nd Issue, March 2009). 2009. 3. HK Department of Health. Nutrition guidelines for children aged 2 to 6. 2018. 4. HK Department of Health. Healthy eating meal plan for adult woman. 2015. 5. HK Department of Health. Pan-frying and deep-frying: "culprit" of high fat content. Available at: https://restaurant.eatsmart.gov.hk/eng/content.asp?content_id=975. Accessed on 02Apr2019. 6. HK Centre for Food Safety. Technical guidance notes on nutrition labelling and nutrition claims. 2016. WYETH® is a registered trademark of Wyeth LLC. Used under license. For healthcare professionals' reference and distribution. WYE-PM-083-MAY-19.

