

WNSC HK HEALTHY EATING TIPS CARD

ALL ABOUT FATS

- As part of healthy eating and to support heart health, it is advised to cut down on the intake of **'bad' saturated fats and trans fats**, while replacing some of them with **'good' unsaturated fats**¹.
- However, remember that all types of fats are high in energy and contribute to weight gain when consumed in excessive amounts^{1,2}!

BREASTFEEDING FACTS

Studies have found increased maternal polyunsaturated fatty acid (PUFA) intake has been associated with higher levels of certain nutrients in human milk:



- **DHA** - plays a role in the development of cognitive functions in early life³
- **Vitamin E** - an antioxidant to help reduce cell damages from free radicals^{4,5}

COMMON FOOD SOURCES^{1,2,6,7}



Monounsaturated fats: Vegetable oils (e.g. olive, canola), avocados, nuts (e.g. almond, hazelnut), seeds (e.g. pumpkin, sesame)



Polyunsaturated fats: Oily fish (e.g. salmon, sardines, mackerel), vegetable oils (e.g. sunflower, corn)



Saturated fats: Fatty meat, sausages, butter, cheese, cream, coconut and palm oil



Trans fats: Margarine, cakes, fried foods and packaged foods such as cookies and potato chips



WHEN BUYING PRE-PACKAGED FOODS



- Read nutrition labels and select food products with lower saturated and trans fat levels⁸
- Try to avoid ingredients such as coconut oil, palm oil, hydrogenated fats and margarine⁸
- Understand below fat-related nutrition claims based on Hong Kong regulations⁹

- **'Low Fat'**
 - Contains not more than 3 g of fat per 100 g of solid food
 - Contains not more than 1.5 g of fat per 100 mL of liquid food
- **'Lower/Reduced Fat'**
 - Contains considerably less fat compared to a similar food, e.g. at least 25% less fat

However, it should be noted that if the type of food is usually high in fat (e.g. chips and cookies), the lower fat version may still be a high-fat food!

References: 1. United Kingdom National Health Service. Facts about fat. Available at: <https://www.nhs.uk/live-well/eat-well/different-fats-nutrition/>. Accessed on 18Jun2020. 2. Hong Kong Department of Health. Fats. Available at: https://www.change4health.gov.hk/en/healthy_diet/facts/calories_nutrients/fats/index.html. Accessed on 18Jun2020. 3. Demmelmair H and Koletzko B. Best Pract Res Clin Endocrinol Metab. 2018;32:57-68. 4. Mata A et al. J Pediatr Gastroenterol Nutr. 2020;70(6):858-863. 5. National Institutes of Health. Vitamin E. Available at: <https://ods.od.nih.gov/factsheets/VitaminE-HealthProfessional/?print=1>. Accessed on 24Jun2020. 6. Hong Kong Centre for Food Safety. Food Safety Focus (158th Issue, September 2019). 2019. 7. Harvard School of Public Health. Fats and cholesterol. Available at: <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/>. Accessed on 18Jun2020. 8. Hong Kong Department of Health. Smart tips on better cholesterol control and healthy heart. Available at: https://www.fhs.gov.hk/english/health_info/woman/30105.html. Accessed on 24Jun2020. 9. Hong Kong Centre for Food Safety. Understanding nutrition claims. 2009. WYETH® is a registered trademark of Wyeth LLC. Used under license. For healthcare professionals' reference and distribution. WYE-PM-145-JUN-20.

What is equivalent to one serving of fat? How many servings are recommended per day? Scan to learn more!



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