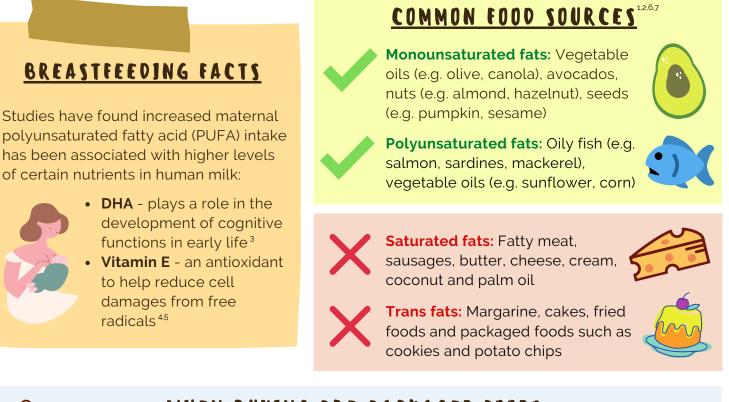
WNSC HK HEALTHY EATING TIPS CARD ALL ABOUT FATS

- 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}!



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 margarine ⁸
- 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!

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References: 1. United Kingdom National Health Service. Facts about fat. Available at: https://www.nhs.uk/live-well/eat-well/different-fats-Accessed on 18Jun2020. 2. Hong Kong Department of Health. Fats. Available 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

