



Get to Know: Fats



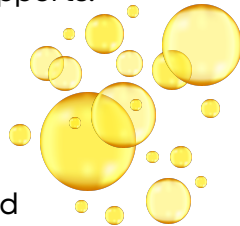
Ronald McDonald House Charities®
Greater Western Sydney

Fat, Carbohydrates & Protein make up the 3 main nutrients that provide energy in our food & drinks. Lets Get to know... Fat!

Dietary Fat is not your enemy...

Fats **concentrated energy** supports:

- ✓ Hunger & fullness
- ✓ Organs & cell structure
- ✓ Sleep quality
- ✓ Keeping cholesterol & blood pressure in check ...And so much more!



Fat's can make food tasty - but also key to the absorption **Vitamins A, D, E & K** - Rich in all these foods!

Whether 'good' or 'bad' - all fat's impact blood cholesterol levels differently...

Unsaturated (Mono- & Poly-unsaturated)

Saturated ...So choosing **healthy fats** supports overall health & lowers risks of heart disease



Healthy Fats come in many food sources...



...**Fuelling** a healthy mind & body all day long!

Low-Fat diets **deprive your body of what it needs...**



In fact many 'low-fat' products compensate their reduced fat with added sugar & unhealthy additives

Eating fat in moderation, as part of a balanced diet is actually not linked to weight gain.

All fats aren't bad! **Focus on Quality...**

Choosing nutrient rich, full-fat food - rich in **unsaturated fats** (pictured above)

Instead of **saturated fats** found in fatty cuts of meat & processed deli meats



3 ways to make **Fat** part of your **healthy diet**



Choose Healthy Cooking

Replace butter & meat fats with olive, nuts or seed oils. Steam, bake or grill!



Enjoy Omega-3 rich foods daily

Incl. Salmon, tuna, & sardines; flaxseeds, chia seeds, nuts & hemp seeds.



Snack on healthy fats

Mixed nuts, avocado toast, nut butter on crackers, boiled egg, chia puddings & natural yoghurt.