

Fats

All fats are high in energy (kilojoules/calories). Eating too much can lead to weight gain.

Some fats are better than others. It is better to have **unsaturated** ('heart healthy') fats instead of saturated fats.

Choose healthy fats

Type of fat	Common Sources	Ways to include them in your diet
Polyunsaturated fats (PUFA)	<ul style="list-style-type: none"> ✓ Oily fish and seafood (e.g. salmon, mackerel, tuna) ✓ Sunflower, canola, soybean, grapeseed oil ✓ Walnuts, Brazil nuts, hazelnuts ✓ Soybeans, soy milk ✓ Chia seeds, linseeds, sunflower seeds ✓ Margarine made with canola or sunflower oil 	<ul style="list-style-type: none"> • Eat fish at least once a week • Use only a small amount of vegetable oil in cooking • Have a small handful of nuts as a snack • Add seeds to your breakfast cereal or smoothies • Use margarine instead of butter as a spread
Monounsaturated fats (MUFA)	<ul style="list-style-type: none"> ✓ Extra virgin olive oil, peanut oil ✓ Avocado ✓ Peanuts, almonds, cashew nuts ✓ Peanut butter ✓ Margarine made with olive oil (e.g. Olivani) 	<ul style="list-style-type: none"> • Use a small amount of oil in cooking • Use avocado or peanut butter as a spread on wholegrain bread or crackers

Limit unhealthy fats

Type of fat	Common Sources	Healthier options
Saturated fats and trans fats	<ul style="list-style-type: none"> ✗ Animal fats (e.g. butter, ghee, lard, suet, dripping) ✗ Fat on meat, skin on chicken ✗ High-fat processed meats (e.g. sausages, tinned corned beef, salami, bacon) ✗ Deep fried food (e.g. fried chicken, hot chips, doughnuts) ✗ Pies and pastries (e.g. meat pies, sausage rolls, croissants) ✗ High fat takeaways (e.g. pizza, fried rice, fried noodles, cream-based curries, fish and chips) ✗ Baked goods (e.g. cakes, slices, cookies, muffins) ✗ Full fat dairy (e.g. whole milk, cream, ice cream, cheese, sour cream) ✗ Coconut oil, coconut cream, coconut milk ✗ Palm oil (common in processed foods) ✗ Creamy sauces and dressings (e.g. mayonnaise, ranch, cheese-based sauces) 	<ul style="list-style-type: none"> • Use a non-stick pan • Use canola oil or olive oil instead of butter, ghee, or coconut oil • Remove chicken skin and fat from meat before cooking • Choose deli meats (e.g. shaved ham, roast beef, turkey) instead of processed meats • Choose lower fat takeaways, e.g. Pita Pit, Subway, sushi, tomato-based curries • Choose low-fat dairy options (e.g. lite blue or green top milk, low-fat 'lite' yoghurt) • Use low-fat yoghurt instead of cream or sour cream • Keep high fat treat foods for a special occasion • Use 'lite' salad dressings and mayonnaise • Use tomato-based sauces instead of cheesy sauces

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