

# Facts on Fat

- Fat is an essential nutrient. It provides energy and enhances absorption of the fat soluble vitamins D, E, A and K.
- Although fat is important, many of us eat more than our bodies need.
- Excessive consumption can result in weight gain and related health problems.

Use this guide to help you include the right fats in your diet

## Beneficial fats

Help to lower blood cholesterol and reduce the risk of heart disease

### Polyunsaturated fat

- Omega-6 found in:
  - nut and seed oil: sunflower, safflower, sesame, corn and soybean
- Omega-3 found in:
  - oily fish: salmon, tuna and sardines
  - nut and seed oil: flaxseed/linseeds, walnuts and soybeans

### Monounsaturated fat

These fats are only found in foods of plant origin and include:

- Nut and seed oils: grapeseed, peanut, flaxseed and sesame
- Avocado and olive oils
- Wholegrains: seeded breads and cereals

## Unhelpful fats

Raise blood cholesterol and increase the risk of heart disease

### Saturated fat

Mainly found in foods of animal origin:

- Fatty meat and processed meat: luncheon, sausages, salami, chicken skin and corned beef
- Animal products: cheese, butter, egg yolk, cream and whole milk
- Coconut cream, palm oil, lard, shortening and Kremelta
- Convenience foods: pastries, snack bars, deep-fried takeaways, potato crisps, baked goods and confectionary

### Trans fats

Main sources include:

- Manufactured foods which use hydrogenated vegetable fats such as pies, pastries, cakes, biscuits and buns
- Some commercially deep fried foods
- Hard margarines (although most NZ margarines contain low levels)

**Auckland Regional Public Health Service**

Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Counties Manukau and Waitemata