DIETARY FATS

Why do we need to eat fats?

Essential for healthy cells
- skin
- muscle
- brain

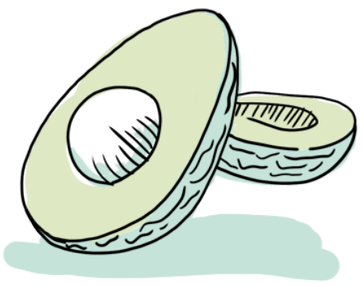
For vitamins

A E D K

Fight bacteria & viruses

Hormonal health

The key to health is the type of fat we eat



"Unhealthy" Saturated fats

- Linked to higher blood cholesterol
- Increase risk of heart disease
- Found in:
  - fat from meat
  - store bought cakes, biscuits & pastries
  - full fat dairy foods; especially butter & cream
  - coconut & palm oil

Is coconut oil healthy?

- Plant based saturated fat
- Ok to have occasionally
- No evidence of specific health benefits
- Not sure how it affects the body in the long term

"Healthy" Unsaturated fats

- Linked with lower blood cholesterol
- Decreased risk of heart disease
- Found in:
  - fish
  - nuts & seeds
  - avocado
  - plants oils; olive, canola & soybean

Increase healthy fats by swapping:

Steak for salmon

Butter for avocado

Store bought cake for unsalted nuts

Need advice that suits your life? Book an appointment with the Monash Nutrition Clinic

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Licence CC BY-NC 4.0 DOI 10.26180/5dcb65da842d4

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