



If you want the facts on food, we're the standard



FOOD  
STANDARDS  
AGENCY

## What's the big deal?

Eating a diet that is high in saturated fat can raise the level of cholesterol in your blood, over time. This increases your chance of developing heart disease.

## Did you know?

Most people in the UK eat too much saturated fat.

The average man should have no more than 30g of saturated fat a day and the average woman no more than 20g a day. Children should have less.

# Which foods are high in saturated fat?

## Foods that are high in saturated fat include:

- Fatty cuts of meat and meat products such as sausages and pies
- Butter, ghee and lard
- Cream, soured cream and crème fraîche
- Full fat cheese
- Pastry
- Cakes and biscuits
- Some sweet and savoury snacks such as confectionery
- Coconut oil, coconut cream and palm oil

## Check the label

Look out for the figure for 'saturates' or 'sat fat' on the label because this tells you how much saturated fat is in the food.





Compare similar foods and choose the option that is lower in saturated fat.

## Simple tips for cutting down

Simply choosing lower-fat dairy products can help reduce your saturated fat intake.

Try 1% fat milk and look out for yoghurts and cheese that are lower in fat.



Simply grating cheese instead of slicing can mean you eat less of it, which can help reduce your saturated fat intake.



And when you're shopping, compare the labels on different cheeses to see which contain less fat.



**Simply using leaner mince can help reduce your saturated fat intake.**

Check the labels on minced beef and choose the option that is lower in fat. Or try using turkey mince, which is even leaner.

Simply eating chicken without the skin can help reduce your saturated fat intake.

When you're cooking chicken, go easy with the creamy sauces – try a bit of lemon and some herbs instead.





**Simply using sunflower or olive oil instead of butter can help reduce your saturated fat intake.**

When you're cooking, use unsaturated oils such as sunflower, olive and rapeseed, instead of butter, lard and ghee.

Simply trimming the fat off meat can help reduce your saturated fat intake.

Try grilling meat instead of frying.



Simply eating more balanced meals can help reduce your saturated fat intake.



To get the balance right, eat lots of fruit and vegetables and plenty of rice, potatoes, pasta and other starchy foods. These are low in saturated fat, so they help make your meals healthier.

Simply eating less pastry can help reduce your saturated fat intake.

Pastry is high in saturated fat, so try not to have pies, pastries and sausage rolls too often. And go for pies with just a lid or a base.





**Simply eating healthier snacks when you're on the go can help reduce your saturated fat intake.**

Many snacks can be high in saturated fat, so pick up an apple, some dried fruit, or another healthy option. Check the label and choose food that is lower in saturated fat.

**Reducing your intake of saturated fat  
reduces your risk of high blood cholesterol  
and coronary heart disease.**

For more information on healthy  
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**visit [eatwell.gov.uk](http://eatwell.gov.uk)**

**For more information on saturated fat, simply  
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