

Why not try 1% fat milk?
It's lower in saturated fat
than semi-skimmed.

1% fat milk contains about half the saturated fat of semi-skimmed milk. It's suitable for adults and children from five and is available both as a fresh and long-life milk. Cutting down on saturated fat can lower your blood cholesterol and reduce your risk of heart disease.

For more simple ways to cut down, visit eatwell.gov.uk/satfat
If you want the facts on food, we're the standard.



FOOD
STANDARDS
AGENCY

Trimming the fat off
meat can help you cut
down on saturated fat.



Try grilling meat instead of frying it. Cutting down on saturated fat can lower your blood cholesterol and reduce your risk of heart disease.

For more simple ways to cut down, visit eatwell.gov.uk/satfat
If you want the facts on food, we're the standard.



FOOD
STANDARDS
AGENCY

Eating healthier snacks
can help you cut down
on saturated fat.



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. Cutting down on saturated fat can lower your blood cholesterol and reduce your risk of heart disease.

For more simple ways to cut down, visit eatwell.gov.uk/satfat
If you want the facts on food, we're the standard.



FOOD
STANDARDS
AGENCY

Eating balanced meals
can help you cut down
on saturated fat.



To get the balance right, eat lots of fruit and vegetables and plenty of rice, potatoes, pasta and other starchy foods. These are lower in saturated fat, so they help make your meals healthier. Cutting down on saturated fat can lower your blood cholesterol and reduce your risk of heart disease.

For more simple ways to cut down, visit eatwell.gov.uk/satfat
If you want the facts on food, we're the standard.



FOOD
STANDARDS
AGENCY

Eating chicken
without the skin can
help you cut down
on saturated fat.



When you're cooking chicken, go easy with the creamy sauces – try a bit of lemon and some herbs instead. Cutting down on saturated fat can lower your blood cholesterol and reduce your risk of heart disease.

For more simple ways to cut down, visit eatwell.gov.uk/satfat
If you want the facts on food, we're the standard.



FOOD
STANDARDS
AGENCY

Choosing foods lower
in saturated fat can help
you cut down.



Always compare labels on your favourite foods and go for the one that is lower in saturated fat. This may be shown as Sat Fat or Saturates on the label. Cutting down on saturated fat can lower your blood cholesterol and reduce your risk of heart disease.

For more simple ways to cut down, visit eatwell.gov.uk/satfat
If you want the facts on food, we're the standard.



FOOD
STANDARDS
AGENCY