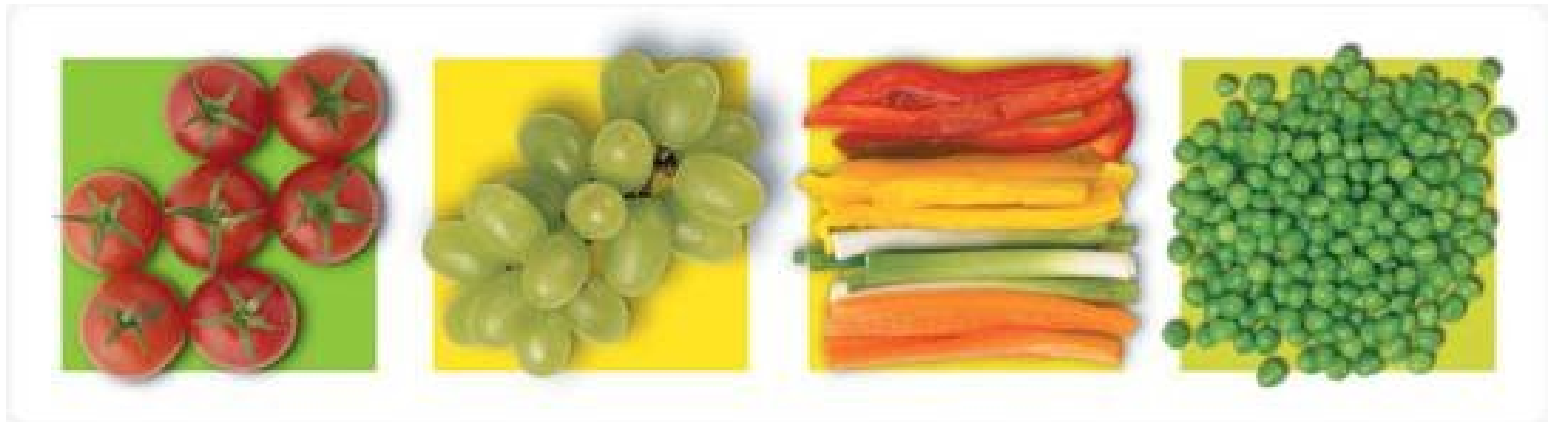
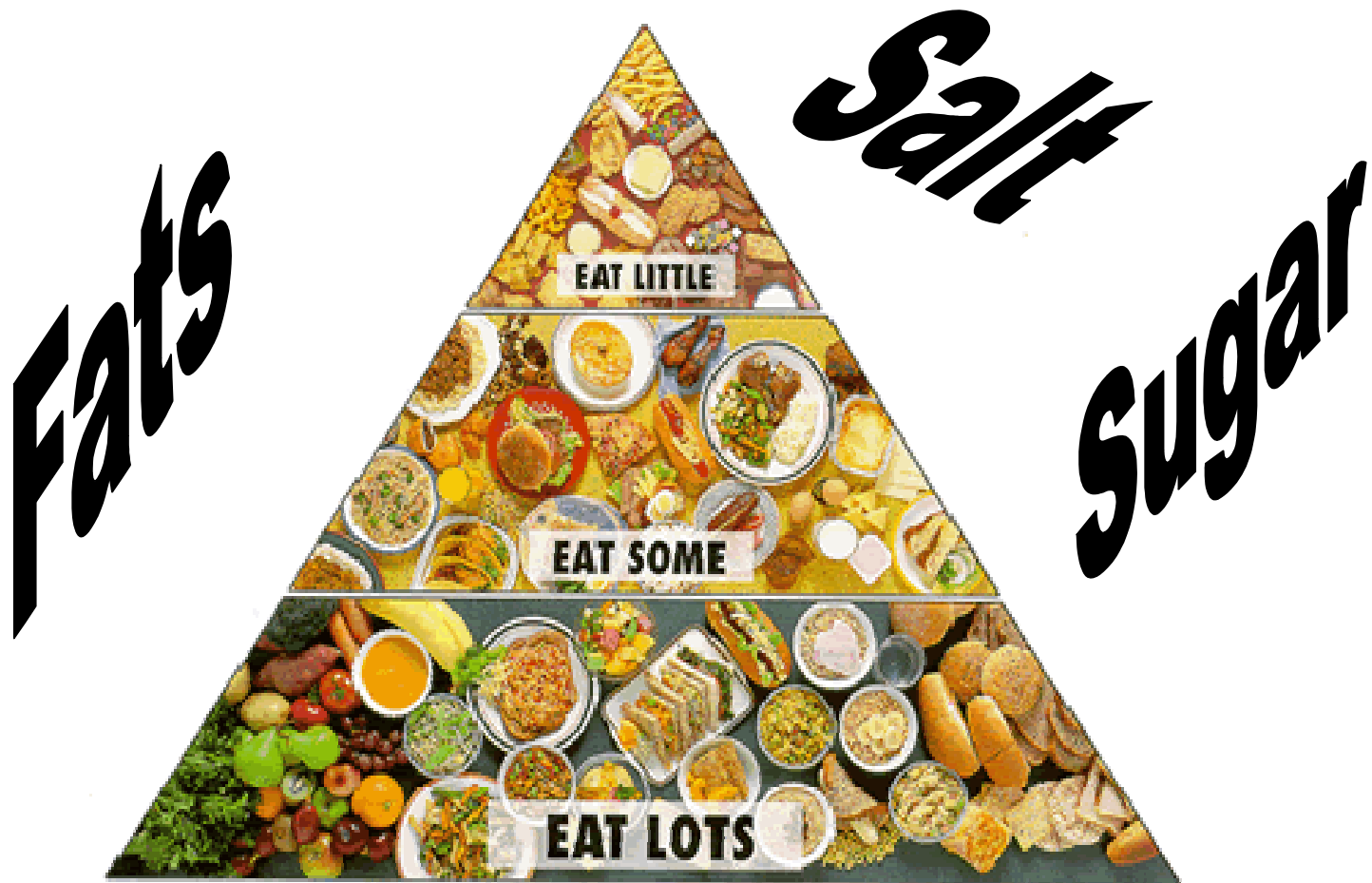


Eat less fatty, salty, sugary foods



Where do these foods fit in the food pyramid?



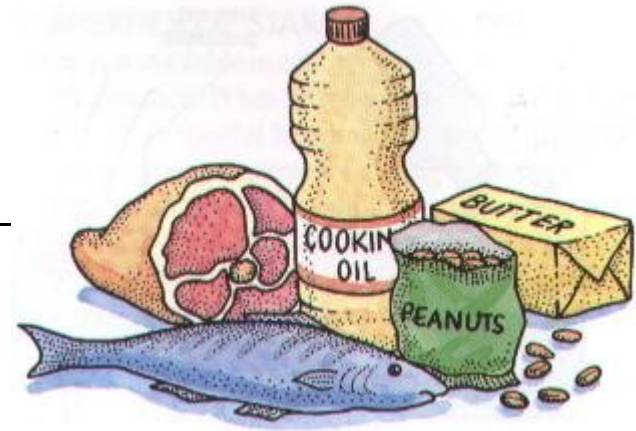


Do we need fat in our diet?

- We need a small amount of fat to keep healthy
- Concentrated source of energy, twice as many kilojoules (calories) as protein and carbohydrate.
- Fat carries fat-soluble vitamins A, D, E, K and fatty acids used to make hormones
- Protects and keeps the body warm
- Flavours and makes our food taste good

Fats

- Different groups of fats
 - Fats
 - Oils



- Saturated (mainly from animal sources)
 - Trans
- Unsaturated (mainly from vegetable sources)
 - Monounsaturated
 - Polyunsaturated
 - Omega 3 and Omega 6
- Which of these are we encouraged to eat less of? **Saturated Fats**

Saturated fats

- Fats that are hard at room temperature
- Animal based products
 - Full-cream dairy products and fatty meats (skin on chicken), lard, dripping, Chefade, chocolate
 - Also found in palm and coconut oils, Kremelta
- Trans fat (hydrogenated vegetable oils)
 - Formed when processing oils & makes a fat more saturated
 - Used in foods such as biscuits, cakes, pastries (pies and savouries), crackers, muesli bars and margarines.
 - Occur naturally in meat & dairy products.
 - NZ now has low levels



Monounsaturated fats (oils)

- Shown to be good for heart health
- Limit if overweight

- Foods: olive oil, canola oil (rapeseed), avocados, peanuts, margarines made from these oils



- Mediterranean diet high



Polyunsaturated fats (oils)

- Foods: mainly plant based oils like sunflower, corn, grape seed, soybean and safflower and margarines made with these oils

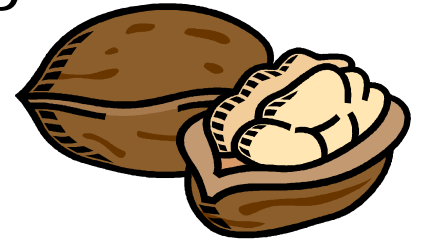


Omega 3 and Omega 6 fats

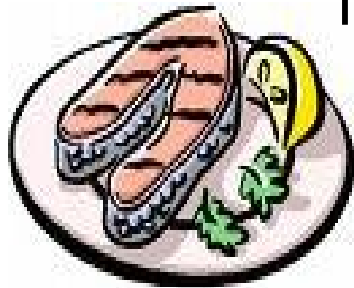
- Desirable balance between omega 3 & omega 6

Omega's

- Omega-6: oils of seeds and grains like sunflower and corn oil



- Omega-3: seafood & plants such as flaxseed and walnuts



- Oily fish i.e. salmon
- Fortified products: bread and milk

- Recommended at least 2 serves of fish per week

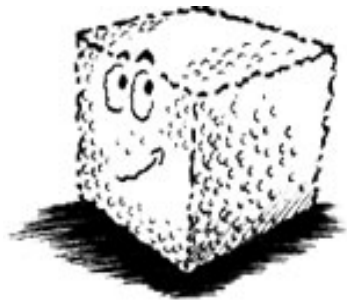


Recommendations

- How much spread, margarine or oil is needed daily?
- No more than 1-2 tablespoons (3-6 teaspoons) of fats or oils each day.

Sugar: Where is sugar in our diet?

- Naturally occurring sugars
 - Fructose- fruit, fruit juice, vegetables, honey
 - Sucrose- fruit and some root vegetables
 - Maltose- from starch during digestion and brewing
 - Lactose- milk and milk products
- Added sugars
 - All sugars added to foods & drinks in commercial and household preparation



What you might see on labels

- Sucrose (sugar)
- Fructose (fruit sugar)
- Honey



- Brown sugar, corn syrup, dextrose, disaccharides, glucose, golden syrup, invert sugar, lactose, malt extract, maltose, molasses, monosaccharide, raw sugar,

Eat less sugar



- Short lasting energy
- Can contribute to excess kilojoules (calories)
- Tooth decay (Dental carries)
- Starch and whole grain foods are better choices
 - Longer lasting energy
 - Vitamins, minerals and fibre



Recommendations

- 'Prepare foods or choose pre-prepared foods, drinks and snacks:
 - with little added sugar; limit your intake of high-sugar foods'

- 'Drink water or low energy drinks instead of juices and soft drinks as these are high in sugar'

