



CUT THE SATURATED FAT

This chart shows the choices you can make to reduce your intake of saturated fat. But it also considers other aspects of foods, such as the amount of salt or sugar they contain, to help you make the healthiest choices.

Although it's important to try to eat less fat – particularly if you are watching your weight – you also need to think about the types of fat you are eating. This wall chart is designed to help you cut down on the saturated fat you eat. Too much saturated fat can increase your blood cholesterol level and increase your risk of developing coronary heart disease. If you also want to lose weight, remember that the amount of food you eat, as well as the type of foods, is important.

Check food labels

New 'low-fat' and 'healthy eating' products appear on the shelf all the time, designed especially to help you eat less fat. But watch out for foods labelled as 'reduced fat', 'lower fat', 'light' or 'healthier' as this doesn't necessarily mean that the foods are low in fat and saturated fat. To find out the facts, read the nutrition label. Use the enclosed booklet, the British Heart Foundation's *Guide to food labelling*, to help you.

Tot up your fat

As a rough guide, an average woman should have no more than 20g of saturated fat a day (and up to 70g of total fat). An average man should aim to eat no more than 30g of saturated fat a day (and up to 95g of total fat). Less is even better, especially if you want to lose weight.

Eating for a healthy heart

To reduce your risk of heart disease, it's important to consider other aspects of your diet too. As well as watching your fat and saturated fat intake, eat a diet that is high in fruit and vegetables, high in fibre, and low in salt. (See our booklets *Eating for your heart*, *Food should be fun... and healthy* and *Salt – Facts for a healthy heart* for more information.)

Healthier snacks

Biscuits, cakes, pastries and fried savoury snacks such as crisps, samosas and Bombay mix are often high in saturated fat. Healthier snacks include breadsticks, plain popcorn, a small amount of unsalted nuts, seeds and dried fruit.

Get more active

Being active is another great way to help to reduce your risk of coronary heart disease, and to control your weight. Aim to do at least 30 minutes of moderate-intensity physical activity, on at least five days of the week. Brisk walking, cycling and swimming are all ideal.

Enjoy your food!

Remember there are many delicious foods you can eat, while also looking after your heart.

FOOD GROUP	FOOD	WATCH OUT FOR	EAT OCCASIONALLY	HEALTHIEST CHOICES
Fruit and vegetables 	Vegetables	Deep-fried vegetables. Vegetables served with butter.	Canned vegetables containing salt. (Rinse and drain them first.)	Frozen or fresh vegetables, or vegetables canned in water. Vegetable juices. (These count as 1 portion a day towards your 5-a-day target.) Raw, boiled, microwaved, steamed, dry-fried or grilled vegetables. Home-made vegetable soups. Vegetables stir-fried or roasted in a small amount of oil such as sunflower, rapeseed or olive oil.
	Salads	Salads in heavy dressings such as coleslaw or potato salad.	Reduced-fat coleslaw.	Undressed salads or those with low-fat dressings. Salads with a small amount of oil (eg, sunflower, rapeseed or olive oil) with vinegar or lemon juice.
	Fruit	Fruit flambéed in butter. Fritters – eg, banana fritters or apple fritters.	Canned fruit in syrup. (Drain the syrup first.)	Frozen, fresh or dried fruit can all count towards your 5-a-day target. 100% fruit juices. (These count as 1 portion a day towards your 5-a-day target.) Fruit canned in natural juices.
Bread, rice, potatoes and pasta 	Breads	Bread spread thickly with butter. Breads made with ghee such as peshwari, paratha and puris. Shop-bought garlic bread.	Naan bread, chapatis, rotis. Sugar-coated cereals.	Breads (eg, bagels, pitta, rolls, tortillas, wholemeal, granary, or white crusty) with fat spread thinly or not at all. Use wholegrain varieties of bread where possible. Choose healthier spreads such as those containing polyunsaturated or monounsaturated fat and low-fat varieties, rather than butter. Chapatis without fat. Wholegrain breakfast cereals, muesli (with no added sugar), oats or porridge – served with skimmed or semi-skimmed milk.
	Pasta, rice and noodles	Pasta served with butter, cream or cheese-based pasta sauces. Fried rice.		Boiled pasta, rice or noodles, served either plain or with a tomato-based or vegetable-based sauce. Don't add extra fat when serving.
	Potatoes	Roast potatoes cooked in dripping or large amounts of oil. Potatoes cooked in cream or cheese sauce. Potatoes mashed with butter and cream. Deep-fried, thinly cut chips.		Boiled, baked or dry-roasted potatoes, plantains, yams and sweet potatoes. Potatoes mashed with semi-skimmed or skimmed milk and a little olive oil. Thick-cut, reduced-fat oven chips. Roast potatoes or potato wedges cooked in small amounts of oil such as sunflower, rapeseed or olive oil.
Milk and dairy foods 	Milk	Full-fat or extra-cream milks. Evaporated or condensed milk.		Lower-fat milk (skimmed or semi-skimmed). Soya milk (with added calcium).
	Cheeses	High-fat hard cheeses (eg, mascarpone, Stilton, cheddar, double Gloucester etc). Soft cheeses such as Brie, Camembert, goat's cheese and cream cheese. Fried paneer.	Medium-fat cheeses, eg, half-fat cheddar, paneer, medium soft cheese. Strong-tasting cheeses (eg, mature cheddar, or parmesan) used in small amounts for flavour.	Lower-fat cheeses, eg, cottage cheese, extra light soft cheese, light soft cheese, quark, ricotta, curd cheese, half-fat Edam.
	Yogurts, fromage frais and cream	Greek yogurt. Single, whipping, double, clotted or soured cream. Cream substitutes that are high in fat such as crème fraîche.	Half-fat Greek yogurt, whole-milk yogurts. Lower-fat cream products. Half-fat crème fraîche.	Low-fat or diet yogurts, low-fat fromage frais, 0% fat Greek yogurt. Soya yogurts. Use plain yogurt in place of cream, eg, in soups and sauces.
Meat, fish, eggs and beans 	Meat and meat products	Fatty meat (eg, belly pork, breast of lamb, duck, goose) or the fat from the edge of meat. Sausages, frankfurters, burgers, meatballs and faggots. Streaky bacon. Pâtés, meat pies, pasties and pork pies. Meat products can be deceptively high in fat (eg, those wrapped in flaky pastry such as sausage rolls).	Lean bacon. Low-fat sausages. Reduced-fat pâtés.	Lean meat (pork, ham, lamb, beef, venison, veal, rabbit or game) – grilled or roasted without fat, casserole or stir-fried. Extra-lean minced beef. Liver and kidney. Check labels for lean processed meats and meat products.
	Poultry and poultry products	Duck and goose. Poultry with skin. Chicken nuggets and chicken Kiev.	Chicken breast in breadcrumbs.	Chicken or turkey – without the skin – grilled, roasted without fat, casserole or stir-fried. The light meat (breast) is best.
	Fish and fish products	Deep-fried fish in batter or breadcrumbs. Fish served in butter or with rich sauces (eg, hollandaise sauce, lobster sauce, seafood cocktail sauce, or a creamy or cheesy sauce).	Canned fish in oil or brine. (Drain off first.) Fish fingers. Fish cakes that are home-made or oven-baked.	Fish (white and oily) grilled, steamed, baked, poached or fried in a tiny amount of oil. Shellfish (frozen or fresh) cooked without or with a tiny amount of oil. Canned fish in water.
	Eggs	Eggs fried in lard or dripping, or scrambled with butter or cream. Omelettes cooked in butter. Quiches (because of the pastry). Scotch eggs.		Boiled or poached eggs, or scrambled eggs using skimmed or semi-skimmed milk. Fried eggs or omelettes cooked in a tiny amount of vegetable oil.
	Nuts and seeds	Coconut, creamed coconut (and coconut milk). Peanut butter. Roasted nuts in oil and salt.	Reduced-fat coconut milk.	Chestnuts. Other nuts – such as almonds, walnuts, hazelnuts, brazil nuts – in small amounts (eg, a handful a day). Seeds, eg, pumpkin, linseed (flaxseed), sesame or sunflower seeds.
	Beans, peas, lentils and Quorn	Indian dhal, which tends to be high in ghee (clarified butter). Deep-fried Quorn. Vegetarian burgers that are high in fat.	Vegetarian sausages or beanburgers.	Canned or dried (then boiled) beans, peas and lentils. (Rinse first if canned in salt or sugar). Low-sugar, low-salt varieties of baked beans. Meat substitutes – soya mince, soya beans, tofu, textured vegetable protein and Quorn. Check the labels to find lower-fat vegetarian burgers, beanburgers, and Quornburgers.
	Food and drinks high in fat and/or sugar 	Fat spreads	Butter, lard, ghee, suet, dripping. Hard margarines (ones where hydrogenated oil or partially hydrogenated oil or fat or 'hydrogenated oil or fat' is the first or second item on the ingredients list). Spreads with more than 1% trans fats.	Spreads and margarines that contain polyunsaturated or monounsaturated fat (eg, containing olive, rapeseed, sunflower, soya or corn oil).
Oils		Palm oil, coconut oil. Oils which have been reheated several times.		Small amounts of monounsaturated or polyunsaturated oils, eg, olive, rapeseed, sunflower, soya, or corn oil.
Salad dressings, sauces and gravies		Mayonnaise, salad dressing, blue cheese dressing, thousand island dressing. Roux sauces, which use fat (often butter) and flour. Cream-based sauces. Gravies made with the fat from cooking meat or poultry. Check the labels of pre-prepared sauces, as some can be high in saturated fat.	Lower-fat mayonnaise and salad creams.	Low-fat salad dressing. Dressing based on low-fat yogurt or fromage frais rather than cream. Cornflour-based blended sauces.
Biscuits, cakes, pastries, confectionery and desserts		Rich shortcake or chocolate-coated biscuits. Rich chocolate cake or fruit cake. Pies, steamed puddings, doughnuts, cheesecake. Rich, cream-based and pastry-based desserts. Pastry, especially flaky and puff. Dairy ice-cream or ice-cream made with cream. Beware of healthy-sounding cakes, or 'tray bakes' like flapjack or currant squares which usually contain a lot of butter or margarine. Chocolate (milk or plain), fudge, toffee or Indian sweets.	Plain (eg, rich tea, or malted milk biscuits), or lower-fat versions (eg, reduced-fat digestives). Fat-free sponge or malted fruit loaf, teacakes, fruit buns or scones. Fruit-based desserts such as fruit flans and fruit pies with only one pastry crust. Meringues (without cream).	Jelly (sugar-free). Milk puddings using semi-skimmed milk. Sorbets.
Savoury snacks		Creamy dips. Fried snacks (eg, samosas, crisps or Bombay mix).	Low-fat crisps. Reduced-fat dips (eg, hummus).	Tomato-based dips with raw vegetable sticks.

HELPFUL HINTS

Some food labels use a traffic-light signalling system to make it easy to see at a glance whether a product contains a high, medium or low amount of fat and saturated fat by carrying a red, amber or green traffic light respectively. Choose foods with a green traffic light for saturated fat whenever possible.

* People are advised to have no more than 4 portions of oily fish a week, except for children, women of childbearing age and those who are pregnant or breastfeeding who should have no more than 2 portions a week.

Food labels usually tell you how much fat, and sometimes how much saturated fat, is in the product. Compare the amounts in similar products per 100g or per serving, and choose the lowest. (See our booklet *Guide to food labelling* which explains more about this.) As a guide to what is high and what is low per 100g of food:

High fat is 20g or more per 100g.
High saturated fat is 5g or more per 100g.
Low fat is 3g or less per 100g.
Low saturated fat is 1.5g or less per 100g.

Labels
 If you are underweight, you may need to put some weight on. Or, if you are already a healthy weight, cutting down on the saturated fat in your diet, without replacing the lost calories, might cause unwanted weight loss. If you need to put on some weight for either of these reasons, here are some ideas for you. At mealtimes, include more oily fish*, avocados, and olive oil or rapeseed oil. These foods provide quite a few calories and they are high in the beneficial fats – the unsaturated fats. Try eating bigger helpings of breads, cereals (eg, breakfast cereals, pasta, rice and cous-cous), and potatoes. Also, have between-meal snacks of unsalted nuts and seeds (eg, sesame seeds, flaxseeds, pumpkin seeds or sunflower seeds) and dried fruit (eg, raisins, or dried apricots or prunes).

Trying to lose weight?
 All fats are high in energy (calories) so, if you are watching your weight, you need to limit all the fats that you eat. Also, if you are overweight, remember that the amount of food information on losing weight, see our booklet *So you want to lose weight... for good*.

Too thin?
 If you are underweight, you may need to put some weight on. Or, if you are already a healthy weight, cutting down on the saturated fat in your diet, without replacing the lost calories, might cause unwanted weight loss. If you need to put on some weight for either of these reasons, here are some ideas for you. At mealtimes, include more oily fish*, avocados, and olive oil or rapeseed oil. These foods provide quite a few calories and they are high in the beneficial fats – the unsaturated fats. Try eating bigger helpings of breads, cereals (eg, breakfast cereals, pasta, rice and cous-cous), and potatoes. Also, have between-meal snacks of unsalted nuts and seeds (eg, sesame seeds, flaxseeds, pumpkin seeds or sunflower seeds) and dried fruit (eg, raisins, or dried apricots or prunes).

Choosing healthier fats
 There are two main types of fat in our diet – saturated fat and unsaturated fat. Too much saturated fat can increase the amount of cholesterol in the blood, which increases the risk of developing coronary heart disease.

Unsaturated fats are a healthier choice. They include monounsaturated fats and polyunsaturated fats. These types of fats can actually improve cholesterol levels and provide us with the essential fatty acids that the body needs. They include the omega-3 polyunsaturated fats found in oily fish, which may help reduce the risk of coronary heart disease. Another type of fat known as *trans* fats can also raise blood cholesterol levels. *Trans* fats are found naturally in very small amounts in dairy foods and meat. They are also formed when vegetable oils are partially hydrogenated and used to make hard margarine and processed foods such as cakes, biscuits and pastries. If partially hydrogenated oil or fat or hydrogenated oil or fat appears in the ingredients list for a food, the food may contain *trans* fats.

To maintain a healthy heart, cut down on saturated fats and trans fats wherever possible. Unsaturated fats are a healthier choice.



Choose baked breads such as chapati, roti or plain naan bread. Avoid any breads made with fat such as peshwari, paratha and punis.

Choose drier dishes such as *tandoori, karia* and *bhuna*. Spinach-based dishes (saag) and chicken or beef tikka are not too high in saturated fat either. Vegetable dishes such as aloo gobi (potato and cauliflower curry) can be reasonably low in fat, but check they're not cooked in ghee.

Indian restaurant meals and takeaways
 Ghee, the Indian cooking fat, has a similar saturated fat content to butter. Some curries can also be made with coconut oil, which is also high in saturated fat. Dishes that include the words *kandhari, mooli, korma* or *masala* indicate dishes high in cream or coconut milk, so these are high in saturated fat.

At the burger bar
 Grilled chicken, fish or vegetarian burgers are generally a better bet than a hamburger. Or a small hamburger (child's portion) means a lot less saturated fat. Avoid the cheese cottage cheese, and order a side salad. Watch out for too much cheddar cheese, coleslaw and rich meat sauces.

At the cafe
 If the soups are home-made, choose a vegetable-based soup such as leek and potato, carrot and coriander, or minestrone. Avoid creamy soups such as cream of mushroom or cream of chicken.

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EATING OUT AND TAKEAWAYS

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About the British Heart Foundation
 The British Heart Foundation is the nation's heart charity, saving lives through pioneering research, patient care and vital information.

Other BHF resources
 The British Heart Foundation also produces other educational materials that may be of interest. To find out about these or to order your **Heart health catalogue**, please go to bhf.org.uk/publications or call the **BHF Orderline** on **0870 600 6566** or email orderline@bhf.org.uk. You can download many of our publications from bhf.org.uk/publications

What you can do for us
 We rely on donations to continue our vital work. If you would like to make a donation to the British Heart Foundation, please ring our credit card hotline on **0870 606 3399** or contact us through our website at bhf.org.uk/donate or send it to us at the address below.

Acknowledgements
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Whatever's on your mind, we're here to help.
 As the nation's heart charity we're pioneers in heart research and it's our job to provide care and support for those living with heart disease. You don't need to be unwell to call us, you can chat to us about anything you like. Whether you need help, heart health information or if you just want to talk to someone.

HEART HELPLINE
 For information and support on anything heart-related

08450 70 80 70 | bhf.org.uk
 Phone lines open: 9am – 5pm Mon, Tue and Fri. 8am – 6pm Wed and Thur.

British Heart Foundation
 14 Fitzhardinge Street
 London W1H 6DH
 Phone: 020 7935 0185
 Fax: 020 7486 5820
 Website: bhf.org.uk

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BEATING HEART DISEASE TOGETHER

