



Health & Wellbeing,
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12/09/2025

Deputy O'Flynn,
Dáil Éireann,
Leinster House,
Kildare Street,
Dublin 2

Re: PQ 45701/25

“To ask the Minister for Health if she will direct the HSE to run a short public information campaign explaining saturated fat guidance in plain language, aligned with WHO/EFSA”

Dear Deputy O'Flynn

The Health Service Executive (HSE) has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response.

The HSE promotes and disseminates information to the public on living well through this content hub: [Living well - HSE.ie](https://www.hse.ie/livingwell)

One of the anchor topics on this hub is '[Healthy Eating](#)', which provides general information and advice on nutrition and meal planning as well as healthy eating information for families. The information takes a holistic approach to diet and exercise and the benefits of making small changes that can have a big impact, like serving size information.

This is the HSE advice on fats:

Fats, spreads and oils

A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids, which the body cannot make itself.

The main types of fat found in food are:

- saturated fats
- unsaturated fats

Most fats and oils contain saturated and unsaturated fats in different amounts.

Try to cut down on foods and drinks that are high in saturated fats and replace some of them with unsaturated fats.

**Serving size**

One serving is:

- 1 portion pack of reduced-fat or light spread for 2 slices of bread
- 1 teaspoon per person of rapeseed, olive, canola, sunflower or corn oil used in cooking

Food and drinks high in fat, sugar and salt

Limit foods and drinks that are high in fat, sugar and salt. Eat them occasionally, but not every day.

Choose smaller amounts or fun-size servings. Limit chips and takeaway food as much as possible. Most of these are very high in fat, salt and calories.

Choose healthy snacks such as fruit and vegetables. Drink water instead of sugary drinks.

The content also provides sample daily menus for a range of people depending on their activity levels and age and has had c. 40k views in the last 12 months.

Healthy Food for Life booklets are disseminated to schools and communities via www.healthpromotion.ie

Making Every Contact Count (MECC) is the HSE's programme aimed at preventing chronic disease. It arms healthcare professionals with the tools to use regular contacts with patients, to help people make healthier choices, leading to better health. This includes brief interventions on healthy eating and active living. Find more information on the [MECC programme here](#).

I trust this information is of assistance to you.

Yours sincerely,

Sarah O'Brien

National Lead, HSE Healthy Eating Active Living Programme