Your guide to fats, spreads and oils

Fats, spreads and oils provide essential fats but use in very small amounts. Use as little as possible.

Food Shelf Facts

- All types of fats and oils are very high in calories but some contain better fats than others.
- Reduced-fat spreads are lower in calories as they contain less fat and more water.
- Saturated fats, found in hard fats, raise blood cholesterol and can increase risk of heart disease.
- Essential fats are found in vegetable oils, including rapeseed, olive, canola, sunflower and corn oils.

What is a Serving?

1 serving size is:
- 1 portion pack of reduced-fat or light spread for 2 slices of bread
- 1 teaspoon of rapeseed, olive, canola, sunflower or corn oil per person when cooking

Portion guide

Portion packs of reduced-fat spread found in cafes can guide the amount you use. One should be enough for two slices of bread.

Healthy Eating Tips

- Choose mono or polyunsaturated reduced-fat or light spreads.
- Choose rapeseed, olive, canola, sunflower or corn oils.
- All oils contain the same amount of calories. Always cook with as little fat or oil as possible – measure it out instead of pouring into the pan.
- Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Choose lower fat options and use smaller amounts.

For more food facts and healthy eating tips visit www.healthyireland.ie