



Fats, spreads and oils

Some fat is needed in your diet but it is important to keep an eye on the overall amount of all fats, spreads and oils you eat as they are all high in calories.



Use small amounts

Choose mono or polyunsaturated reduced fat or light spreads more often. Choose rapeseed, olive, canola, sunflower or corn oils and measure with a spoon.

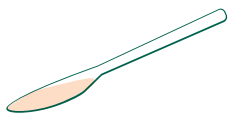


Use healthy cooking methods

Limit the amount of mayonnaise, coleslaw and salad dressings you use as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying are the best ways to cook.



Serving guide



Butter

If using butter, spread lightly.



Reduced-fat spread

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



Oils

Use one teaspoon of oil per person when cooking or in salad dressings.