

# Focusing on MORE Healthier fats

There is evidence to suggest the type of fat we eat is more important for good health than the total amount of fat. Replacing fats from animal sources with healthier fats from minimally processed plant sources seems to be beneficial in reducing the risk of certain diseases.

Healthier fats help to carry flavour which makes eating healthier foods more sustainable. They also have nutrients that can protect against disease, and some of them contain protein and fibre too.

Try to have more plant-based fats, leaving less room for animal fats like red meat, butter and cream.

Healthier plant based fats include:



nuts and nut oils



seeds and seed oils



olives and olive oils



avocado

The following types of foods contain fats which appear to be beneficial to health:



oily fish



natural and Greek yoghurt



dark chocolate in moderation (containing 70% or more cocoa solids)

## What about calories?

All foods contain calories but evidence suggests the nutrient quality of the food is more important than the calories. Healthier fats appear to be helpful for weight management. They are also really important for brain function and skin health.



## Tips for including more healthier fats

Drizzle roasted vegetables and salads with plenty of seed oil or olive oil.



Make an easy dressing using seed oil or olive oil, apple cider vinegar (or red/white wine vinegar), a squeeze of lemon or lime and a tablespoon of mustard or chopped/dried herbs. Add to salads and cooked lentils or grains for extra flavour.



Natural or Greek yoghurt can be added to lentils, grains, eggs and salads as an alternative to processed sauces. Add a sprinkle of paprika or sumac for extra flavour and colour.



Add texture toppers to foods using nuts and seeds for extra crunch and flavour



Tinned sardines in either sunflower oil, olive oil, spring water or tomato sauce are a low cost source of oily fish.



Swap crisps and processed snacks for raw or lightly roasted nuts. Try roasting nuts with healthier oils and herbs and spices e.g. rosemary, cinnamon or harissa, for extra flavour.



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