

*understanding*

# fat

How to lose fat, gain energy  
and improve overall health



## The good news about fat

A small amount of fat is essential to a healthy body and is an important part of a balanced diet, but too much fat – especially saturated fat – can raise cholesterol and increase the risk of heart disease.

### SOME ADVANTAGES OF GOOD FAT:

- ✔ Dietary fats provide energy.
- ✔ They are a good source of fatty acids, which the body cannot manufacture.
- ✔ They provide a source of fat soluble vitamins A, D, E and K
- ✔ Unsaturated fats reduce inflammation, decreasing your risk for heart disease.

**LIVEWELL**



*Making the healthy choice*

We believe that living well starts with eating well. Pick n Pay's health brand, Livewell, helps consumers choose foods that lower their risk of chronic diseases like heart disease, high blood pressure and diabetes. For free nutritional advice, call Pick n Pay's Health Hotline on 0800 11 22 88 or email [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)

# FATS

## GOOD

(Unsaturated poly and mono)

- ✔ Lowers risk of heart disease and stroke
- ✔ Lowers bad cholesterol
- ✔ Provides essential fats your body needs

## BAD

(Saturated)

- ✔ Increases bad cholesterol levels
- ✔ Increases risk of cardiovascular disease

## UGLY

(Hydrogenated oils and trans fats)

- ✔ Lowers good cholesterol
- ✔ Increases bad cholesterol
- ✔ Increases risk of heart disease



Eg. Canola, olive and sunflower oil, salmon, pilchards, sardines and almonds.



Eg. Butter, fresh cream, full-fat cheese, processed meats and meat products.

Eg. Baked goods, potato chips, fried food, some margarines and coffee creamers.

# Buying lower fat foods

THE NUTRITION LABELS ON FOOD PACKAGING CAN HELP YOU CUT DOWN ON TOTAL FAT AND SATURATED FAT.



**DID YOU KNOW?** For a product to be labelled lower fat, reduced fat, lite or light, it has to contain at least 25% less fat than a similar product.

### TOTAL FAT

**High fat:** more than 17.5g of fat per 100g

**Low fat:** 3g or less per 100g, or 1.5g or less per 100ml for liquids

**Fat-free:** 0.5g of fat or less per 100g or 100ml

### SATURATED FAT

**High in sat fat:** more than 5g of saturates per 100g

**Low in sat fat:** 1.5g of saturates or less per 100g or 0.75g or less per 100ml for liquids

**Sat fat-free:** 0.1g or less of saturates per 100g or 100ml

# Test your fat facts

1 \*  
Body fat stores energy.  
TRUE / FALSE

2 \*  
Exercise makes it harder to lose weight because it adds muscle.  
TRUE / FALSE

3 \*  
It's unhealthy to have too much fat around your belly.  
TRUE / FALSE

4 \*  
You cannot inherit high cholesterol.  
TRUE / FALSE

5 \*  
Low-fat diets are guaranteed to help you lose weight.  
TRUE / FALSE

A HEALTHY DIET INCLUDES GOOD fats, limits BAD fats and keeps UGLY trans fats as low as possible

Answers:

1. True (Body fat stores energy from food so we can use it later).

2. False (If you want to lose weight and keep it off, try a diet-and-exercise combo).

3. True (Excess belly fat puts you at higher risk for type-2 diabetes, and heart disease).

4. False (High LDL ("bad") cholesterol can come from your family tree).

5. False (The total energy balance of kilojoules in versus kilojoules out is what

determines your body weight).

# CONSCIOUS COOKING

Cooking healthily doesn't mean you should skimp on flavour. Try these healthy alternatives

## NO-FRY CHICKEN

**Pour** 2 cups (500ml) buttermilk over 8 skinless chicken portions (on the bone) and season well. **Mix** 1 cup (200g) Southern Fry seasoning with 1 cup (250ml) crushed cornflakes. **Remove** chicken from buttermilk and coat with seasoning. **Place** on a greased baking tray and bake at 180°C for 45 minutes or until golden. **Serve** with a side salad. **SERVES 4**



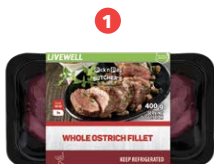
## SUPER-CRISPY CHIPS

**Wash** and slice 4 large sweet potatoes into chips. **Coat** wet sweet potato chips with 2 Tbsp (30ml) cornflour. **Place** on a greased baking tray and spray with olive oil spray. **Season** and roast at 220°C for 15-20 minutes or until golden. **SERVES 4**

- ✓ Trim visible fat from meat and skin from chicken.
- ✓ Use olive or canola oil in cooking rather than butter.
- ✓ Choose lower-fat dairy products.

— Pick —  
one **small** thing

A SMALL CHANGE CAN  
MAKE A BIG DIFFERENCE.  
SWAP ONE BAD FAT FOR  
ONE GOOD FAT EVERY DAY  
AND KEEP DOING IT. YOU  
MIGHT BE PLEASANTLY  
SURPRISED.



LOOK OUT FOR 1. PnP Livewell whole ostrich fillet; 2. PnP ready to eat reduced fat hummus; 3. PnP Livewell medium fat feta cheese; 4. PnP Livewell fat free cranberry and apple yoghurt; 5. PnP Livewell skinless chicken breast fillets; 6. PnP Livewell extra firm tofu (assorted flavours)

Contact PnP's registered dietitian for more health and dietary advice, email [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za) or call 0800 11 22 88