

Describe two changes that could be made to a recipe to lower the fat content.

FATS:

- provide insulation and body warmth
- protects vital organs
- hormone production
- carrier of fat soluble vitamins A, D, E, K
- contains essential fatty acids.

Explain the difference between fats and oils.

Saturated Fat

Hard/firm fats at room temperature:
meat, sausages, bacon
cheese, cream, butter
pastries, cakes, biscuits
lard and some margarines.

- The **least** healthy fats.
- Can **raise** blood cholesterol.
- Risk of blocked arteries.
- **Increases** risk of coronary heart disease.

Visible fats:

- fat on meat
- cooking oils
- butter and margarine.

Invisible fats:

- burgers and sausages
- cheese
- ice cream
- nuts
- ready-made meals.

KEY Terms and Words:

HDL LDL Cholesterol
Double bonds CHD
Omega 3 and 6

High fat intake:

- weight gain
- obesity
- type 2 diabetes
- raised blood pressure
- heart disease.

Monounsaturated Fat

Foods containing monosaturated fat:
avocados
almonds
olives and olive oil
hazelnuts.

- Two carbon atoms are joined together to form **one** double bond.
- It **increases** blood HDL.
- **Reduces** heart disease risk.

Cholesterol:

- a waxy substance in the blood
- HDL 'good' cholesterol
- LDL 'not good' cholesterol
- LDL can block arteries
- body naturally produces cholesterol
- cholesterol also obtained from fats.

Polyunsaturated Fat

Liquid fats at room temperature:
sunflower / corn oils
whole grains
walnuts
flax seeds
oily fish.

- Carbon atoms form more than one double bond.
- It increases blood HDL.
- It **lowers** LDL.
- Good source of Omegas 3 and 6.
- **Reduces** risk of heart disease.

RDA/RNI

We eat too much!
We should eat no more than:

Women 70g
Men 95g

Omega 3:

Prevents blood clotting and is good for heart health. Found in oily fish.

Omega 6:

Lowers blood cholesterol and reduces risk of heart disease. It can be found in eggs, tofu and seeds.

Deficiencies:

- fat soluble vitamins deficiencies
- depression
- night blindness
- dry, brittle hair, skin and nails.