

Foods high in fat, salt and sugar

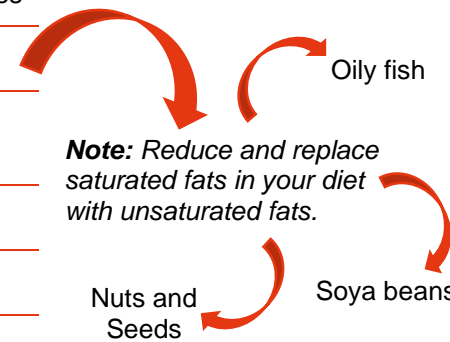
- Most people in the UK eat **too much** saturated fat, salt and sugar, and need to reduce the amount they consume.
- If these foods are included in your diet, try to eat them **less often** and in **small amounts**.
- These foods are **NOT** needed as part of a healthy, balanced diet.



Eat less often and in small amounts

Examples of Foods High in Fat, Salt and Sugar

Chocolate	Savoury snacks such as crisps and patties
Confectionary such as sweets and mithai	Cream and ice cream
Cakes and biscuits such as shortbread and moon cakes	Fried foods such as chips and samosas
Puddings and pastries such as rice pudding	Sugar-sweetened beverages
Jams, honey, and syrups	Rich sauces and gravies
Butter, lard, and ghee	Condiments such as mayonnaise and soy sauce



Recommendations for Adults

SATURATED FAT
No more than 20g per day (female)
No more than 30g per day (male)

SALT
No more than 6g per day

FREE SUGAR *
No more than 30g per day

↑ Too much saturated fat can... **... raise blood cholesterol levels and increase risk of heart disease and stroke.**

Too much salt can... **...raise blood pressure and increase risk of developing heart disease or having a stroke.**

Too much sugar can... **... increase the risk of weight gain and increase the risk of tooth decay.**

TOP TIPS

Use **low-fat plain yogurt** instead of cream, condensed milk or coconut milk when cooking.

Choose **canned fruit** in **natural juice** or **water with no added sugar** rather than in syrup.

Try **wholegrain** breakfast cereals **not** coated in sugar or honey.

Go for **reduced** or **lower salt** versions of **stock cubes, sauces** and **condiments**.

Example of how to make healthier choices – try swapping:

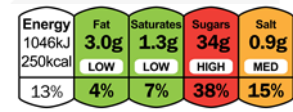
Syrup for mashed **banana** and **cinnamon** in porridge

Puddings, cakes, and pastries for **fruit loaf, scones** or **fruit**

Coconut oil, butter, and ghee for **rapeseed** or **olive oil**

Fatty/salty savoury snacks for **oatcakes** or **rye crackers** with houmous

Salt for **black pepper, herbs** and **spices** when cooking to add flavour!



Note: Look for greens and ambers on food labels to help you choose foods lower in fat, salt, and sugar!

* any sugars **added** to food or drink, and those found naturally in **honey, syrups,** and **unsweetened fruit juice**
Note: free sugars are **not** included in nutrition information on food labels - look at the ingredients list!