• Dietary fat provides us with essential fatty acids (those the body cannot make itself) and helps us to absorb the fat-soluble vitamins A, D, E and K.
• Most of us need to cut down on saturated fat, as it can raise blood cholesterol levels and increase the risk of heart disease and stroke.
• All fats are high in calories, even unsaturated fats, so it’s important to use them in small amounts to avoid consuming more calories than you need.

**Examples of Oils and Spreads**

<table>
<thead>
<tr>
<th>High in Unsaturated Fats</th>
<th>High in Saturated Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable oil</td>
<td>Goose fat</td>
</tr>
<tr>
<td>Olive oil</td>
<td>Coconut oil</td>
</tr>
<tr>
<td>Sunflower oil</td>
<td>Palm oil</td>
</tr>
<tr>
<td>Rapeseed oil</td>
<td>Ghee</td>
</tr>
<tr>
<td>Spreads made from these oils</td>
<td>Butter or lard</td>
</tr>
</tbody>
</table>

Note: Store oils in the cupboard as they are sensitive to heat, light, and oxygen!

Unsaturated oils give us vitamin E – contributes to the protection of cells from oxidative stress. Sunflower, olive and rapeseed oil are all high in vitamin E.

Oils and spreads higher in saturated fats such as coconut oil, butter and ghee can be used for flavour. If you like these, try to use in smaller amounts and less often.

**TOP TIPS**

- Experiment with spray oils containing unsaturated fats as you will use much less.
- Choose a small amount of spread made from unsaturated oils instead of butter, lard or ghee.
- Avoid adding extra fat when cooking - try using a non-stick pan.
- Higher smoke point oils, such as sunflower and rapeseed oils, are good for roasting.
- Lower smoke point oils, such as olive and walnut oils, are good in salad dressings and for drizzling!
- Most supermarket vegetable oils are rapeseed oil.

**Did you know?** Swapping saturated fats for unsaturated fats has been shown to reduce blood cholesterol and the risk of heart disease and stroke.

**Meal Ideas for Oils and Spreads**

**Breakfast**
Use a small amount of unsaturated spread on your wholemeal toast instead of butter.

**Lunch**
Drizzle olive oil and add herbs to your salad.

**Dinner**
Roast your vegetables using sunflower oil instead of oils high in saturated fat. Make chapattis using unsaturated oils, such as olive oil, instead of ghee.