

Oils and spreads

- 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

High in Unsaturated Fats	High in Saturated Fats
Vegetable oil	Goose fat
Olive oil	Coconut oil
Sunflower oil	Palm oil
Rapeseed oil	Ghee
Spreads made from these oils	Butter or lard

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



Choose unsaturated oils and use in small amounts

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**.

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.