BANT

FOOD FOR YOUR HEALTH

Dietary fats: are they healthy or harmful?

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe healthy fats form part of a healthy and balanced diet



There is a place for healthy fats on your plate ...

Fats are often unfairly labelled as unhealthy yet our body needs and uses fat daily - our brain is c. 60% fat. Understanding the different sources and types of fat can help you optimise your choices.

what are the benefits of dietary fats?

Dietary fats are a nutrient-dense source of energy for the body and can help buffer against many diseases. Fat comes in many different forms, some essential, and our body uses each for different biological processes. Some fats contribute to harmful inflammatory processes whilst others have beneficial anti-inflammatory properties. Optimising the intake of more healthful, natural fats can support cellular health, metabolic processes, cardiovascular function, and mental health. However, high heat and processing can transform fats into harmful substances.

fats to optimise, limit or avoid

Saturated fats - OPTIMISE

most often solid at room temperature, in foods like butter, palm and coconut oils, cheese, and red meat

Trans fats - AVOID!

Trans fats are made when manufacturers turn liquid oils into solid fats, such as margarine. Trans fats can be found in many fast, packaged, or processed foods, including: baked goods, fried and battered foods, dairy alternatives.

healthy fats to include regularly

Monounsatured fats

most often liquid at room temperature, in foods such as avocado, olives, nuts & seeds

Polyunsaturated fats

most often liquid at room temperature, in foods such as oily fish, olive oil, flax seeds

© British Association for Nutrition and Lifestyle Medicine 2022