Factsheet

WATCH THE FATS YOU EAT

Healthy (good) fats high in mono + poly-unsaturated fats help keep our bodies healthy. But some fats are not so good for us.

Foods containing healthier fats

Food		Eat MORE of these
Plain nuts		✔
Olive, canola or sunflower oil		✔
Avocado		✔
Fish		✔
Peanut butter		✔
Tahini		✔

High fat foods

Food		Eat LESS of these
Processed meat		✘
Fatty meat		✘
Pastry		✘
Chocolate		✘
Pies		✘
Chips		✘

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