

CHOOSING THE RIGHT FATS FOR A HEALTHY HEART



Why do we need fat?

Fat has many important functions in the body. It is a source of energy, provides essential fatty acids (omega-3 and 6) that cannot be made in the body and helps us to absorb fat soluble vitamins A, D, E & K.

Fats and heart health

Different fats have different effects on blood cholesterol. Saturated and trans fats are 'bad' fats because they increase cholesterol levels, whereas unsaturated fats, or oils, are 'good' because they can help lower cholesterol levels.

If you are overweight, losing weight is also a good step towards a healthier heart. All fats are high in calories; so if you are trying to lose weight, take particular care to moderate your overall fat intake. However, it's the quality or type of fat that's most important.

In the UK we are eating too much saturated fat in our diet so we could all benefit from getting the balance right – replacing some 'bad' fats (e.g. butter, pastries) with 'good' fats (e.g. nuts, seeds, spreads and oils), which can help lower your cholesterol levels and look after your heart.

Omega-3 (e.g. oily fish, walnuts and dark green vegetables) and omega-6 polyunsaturated fats (e.g. most vegetable oils, their seeds and spreads) are 'good' fats or 'good' oils because they help keep your heart healthy.

Heart Healthy Eating Tips

- Vary your choices. Eat a wide variety of healthy foods and eat suitable portions
- Eat plenty of fruit and vegetables. Choose at least five portions a day
- Eat regular meals based on starchy foods like bread, rice, pasta, potatoes, oats and breakfast cereals. Choose wholegrain varieties where possible
- Choose lower fat dairy foods and lean meats
- Try to eat two portions of fish a week, one of which should be oily (e.g. herring, mackerel, salmon, sardines)
- Swap butter for a healthy spread high in 'good' polyunsaturated fats and low in 'bad' saturated and trans fats than butter
- Try to cut down on too much salt. Use herbs and spices to liven up your food instead
- Try to eat freshly prepared foods as often as possible rather than rely on ready-made, processed and fast food

Heart Healthy Lifestyle Tips

- Do not smoke
- If you drink alcohol, have no more than two drinks a day
- Get active! About 30 minutes of 'moderate' activity like brisk walking on most days is recommended. However, choose something you enjoy and be realistic
- Achieve and maintain a healthy weight and shape
- Learn simple techniques to control your stress and take time to relax

Flora spreads can help keep your heart healthy because they:

- Are high in polyunsaturated fats.
- Are made from a heart healthy blend of seed oils naturally containing omega-3 & 6
- Are at least 70% lower in saturated fat than butter
- Contain vitamins A, D and E
- Offer a heart healthy option to suit a variety of dietary needs

Switching from Butter to Flora

Help keep your heart healthy by switching from butter to Flora spread to reduce saturated fat intake. Compared to butter Flora Buttery has 70% less saturated fat, Flora Original has 78% less saturated fat and Flora Light contains 83% less saturated fat.

Based on a population average, if everyone reduced their intake of saturated fat by 5g a day then the UK would meet Government recommendations of consuming no more than 11% food energy from saturated fat.

One way of achieving a 5g reduction (or more) is to swap from butter to Flora spread.



20g Butter 10.8g Saturated fat



20g Flora Original 2.4g Saturated fat

Difference 8.4g