

DEPARTMENT OF NUTRITION & DIETETICS

Balance Fat Intake





- Some fats are necessary for a healthy living
- Too much of a certain type of fat called cholesterol, in the blood can narrow arteries over time and lead to heart disease or stroke

GOOD CHOLESTEROL prevents the build up of fatty deposits in blood vessels and lowers the risk of heart disease and stroke.

BAD CHOLESTEROL leads to build up of fatty deposits in blood vessels and narrows them, increasing the risk of heart attacks or stroke.

HEALTHY FATS

- Lowers bad cholesterol
- Lowers risk of heart disease and stroke

POLYUNSATURATED FATS



Sunflower Oil

Soya Bean Oil

Corn Oil

Seeds and Walnuts











Tuna

Mackerel

Sardines

Herring

Omega-3 Fortified Eggs

MONOUNSATURATED FATS











Olive Oil

Canola Oil

Peanut Oil

Nuts (Cashew Nuts, Almonds, Hazelnuts)

Avocados

UNHEALTHY **FATS**

- Raises bad cholesterol **O**
- Lowers good cholesterol levels
- Increases risk of heart disease and stroke

SATURATED FATS







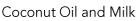




Gravy

Butter or Ghee e.g. Buns, Cakes, Roti Prata Ghee Rice







Full Fat Dairy Products e.g. Yoghurt, Milk



Palm Oil

TRANS FATS



Deep Fried Food e.g. Vadai, Fried Chicken Wing



Snacks e.g. Chips, Murruku



Cakes



Biscuits and Cookies

TIPS TO REDUCE INTAKE OF UNHEALTHY FATS

COOKING:

- Remove skin and fat from chicken/meat
- Skim off the top layer of oil/fat over gravy before serving
- Replace coconut milk with evaporated low fat milk
- Replace full fat milk/yoghurt with a low fat or skim alternative
- Use unsaturated oils instead of palm oil, ghee or butter
- Limit deep frying to once a week

EATING OUT:

- Choose brown rice or plain rice instead of coconut rice, ghee/briyani rice
- Avoid adding gravy/curry on rice
- Choose noodles in clear soup over fried noodles



Clinic B2
Nutrition And Dietetics
TTSH Medical Centre, Level B2
Contact:
6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to access the information online or visit http://bit.ly/TTSHHealth-Library

Was this information helpful?
Please feel free to email us if you have any
feedback regarding what you have just read at
patienteducation@ttsh.com.sg



© Tan Tock Seng Hospital, Singapore 2021. All rights reserved. All information correct as of May 2021. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Tan Tock Seng Hospital. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.V1