

DEPARTMENT OF
NUTRITION & DIETETICS

Balance Fat Intake



Why Should Fat Matter?



- 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



Canola Oil



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
- ⊙ Lowers good cholesterol levels
- ⊙ Increases risk of heart disease and stroke

SATURATED FATS



Fatty Meat/
Chicken Skin



Butter or Ghee

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



Gravy



Coconut Oil and Milk



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/biryani rice
- ⊙ Avoid adding gravy/curry on rice
- ⊙ Choose noodles in clear soup over fried noodles



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