

CHOOSE YOUR FATS WISELY!

Wondering what to drizzle over your salads or roast your potatoes? Different oils have different properties and flavours. This BNF guide can help inform your choice.

The government's new *Eatwell Guide* advises that we should choose small amounts of unsaturated oils (plant/vegetable oils like rapeseed, olive and nut oils, and spreads made from them). It is essential to include some fat in our diets but many of us are consuming too much saturated fat.

Current authoritative national and international dietary advice is to eat less saturated fat, or swap foods high in saturated fat for those high in unsaturated fat, to reduce the health risks linked with high blood cholesterol levels.

Oils are sensitive to heat, light and oxygen, so store them in a cupboard

High temperatures can impact oil's structure and flavour, so do not regularly re-use

Virgin oils are produced by physical or mechanical means only

A health claim has been approved for polyphenols in virgin olive oils as these can protect against some oxidative damage*

Did you know?... Most of the 'vegetable' oil in supermarkets is rapeseed oil

All types of fat have 9 kcal/g so should be used sparingly. Low-fat spreads are widely available

Oils for cooking, oils for dressing

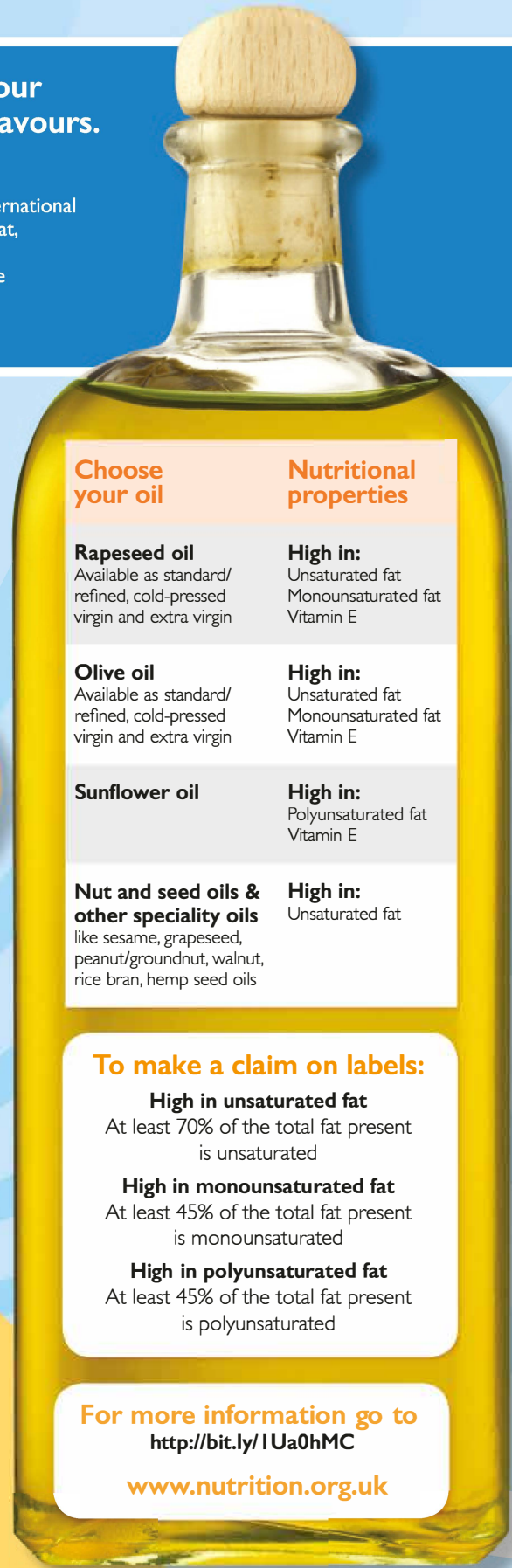
Oils with higher smoke points, (e.g. sunflower, standard rapeseed or olive, and peanut oils) are better for roasting and frying, whereas oils with lower smoke points (e.g. virgin oils, walnut and hemp seed oils) are better kept for salad dressings or drizzling.

Refined oils usually have a higher smoke point than virgin/cold-pressed oils and so are more suitable for high temperature cooking.

Limit saturated fat

Oils and fats with a greater proportion of saturated fat, such as coconut oil, goose fat, ghee and butter, can be used for flavour but in limited amounts or only occasionally. Palm oil is used commercially for functionality but is also high in saturated fat. Check food labels to see how much saturated fat (labelled as saturates) is in different foods.

*Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress



Choose your oil

Nutritional properties

Rapeseed oil

Available as standard/ refined, cold-pressed virgin and extra virgin

High in:

Unsaturated fat
Monounsaturated fat
Vitamin E

Olive oil

Available as standard/ refined, cold-pressed virgin and extra virgin

High in:

Unsaturated fat
Monounsaturated fat
Vitamin E

Sunflower oil

High in:

Polyunsaturated fat
Vitamin E

Nut and seed oils & other speciality oils

like sesame, grapeseed, peanut/groundnut, walnut, rice bran, hemp seed oils

High in:

Unsaturated fat

To make a claim on labels:

High in unsaturated fat

At least 70% of the total fat present is unsaturated

High in monounsaturated fat

At least 45% of the total fat present is monounsaturated

High in polyunsaturated fat

At least 45% of the total fat present is polyunsaturated

For more information go to

<http://bit.ly/1Ua0hMC>

www.nutrition.org.uk