

## Fats That Should Be Avoided

Both saturated and trans fats should be eaten **as little as possible**. These unhealthy fats raise cholesterol levels, cause plaque to block arteries and increase the risk of heart disease. Try to replace these fats with more unsaturated fats for a better diet.

### Saturated Fats

Saturated fats are found in animal products and certain vegetable oils. They are often solid at room temperature. Eating too much affects the heart and causes weight gain.

#### Foods High in Saturated Fats:



**Fatty Meat: Beef, Pork & Lamb**

#### Full-Fat Dairy Products



**Processed Meats (Ham, Sausages, Bacon etc.)**

#### Coconut Oil, Cream & Milk



**Ice-Cream**



**Butter, Lard & Ghee**

**Saturated Fat should be limited to less than 10% of your daily energy intake.**

### Trans Fats

Small amounts of trans fats are naturally found in dairy and meat, but these natural fats are not as harmful as the artificial type. Artificial trans fats are liquid oils processed into “**partially hydrogenated**” solid fats. These fats are commonly used by the food industry so that their food can have a longer shelf life. Eating these fats increase risk of cardiovascular diseases.

#### Foods High in Trans Fats:



**Commercial Baked Goods**

#### Margarine



**Fast Food & Other Fried Food**

#### Processed Foods (Sweets & Snacks)



**Trans Fat should be less than 1% of your daily energy intake.**

Sources: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/trans-fat>  
<https://medlineplus.gov/ency/patientinstructions/000786.htm>  
<https://www.chp.gov.hk/en/static/100023.html>