



FATS: OILS, NUTS



What fats do you know?

Unhealthy fats

are present in **processed meats** (sausage, hamburger), **ultra-processed foods** (pizzas), **butter** and **industrial bakery**.



Healthy fats

are in **vegetable oils**, **seed oils**, **fatty fish** (salmon, tuna) and **fruits** (avocado).



What nuts do you know?

Walnuts, pistachios, almonds, hazelnuts...



Remember to eat fat in moderation as an accompaniment to your meals. It is best to eat it raw, e.g. a few nuts in a salad :)

Why a moderate intake of OILS AND NUTS are important for our HEALTH?



Because they provide us with energy and perform important functions for our body. Essential fatty acids are an important building block of the nervous system in children:

- **Omega-3** in fatty fish (herring, salmon or mackerel), flaxseed, linseed, linseed oil and rape oil improve brain (better memory and concentration), heart, prevent inflammation and cancer. They can affect our well-being.
- **Omega-6** in sunflower oil, pumpkin and grape seed oil, and walnuts affect the proper functioning of the nervous system and can help to maintain adequate blood pressure.

Vitamins A, D, E, K are dissolved only in fats, so they are essential in our diet so that our body can absorb them.

Nuts include: folic acid, antioxidant vitamins, calcium, magnesium and potassium. Thanks to these ingredients, nuts have an anti-inflammatory effect and reduce the risk of cardiovascular diseases.