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Foundation

Coronary heart disease is the UK's single biggest killer.

For over 50 years we've pioneered research that's transformed the lives of people living with heart and circulatory conditions. Our work has been central to the discoveries of vital treatments that are changing the fight against heart disease.

But so many people still need our help.

From babies born with life-threatening heart problems to the many Mums, Dads and Grandparents who survive a heart attack and endure the daily battles of heart failure.

Join our fight for every heartbeat in the UK. Every pound raised, minute of your time and donation to our shops will help make a difference to people's lives.

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FOR EVERY  
HEARTBEAT**  
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# I CUT THE SATURATED FAT

Haider Ali  
Survivor

Find out how to reduce the amount of saturated fat you eat...

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## EATING FOR A HEALTHY HEART

Over time, eating a diet that's high in saturated fat can increase the amount of cholesterol in your blood. This in turn increases your chance of developing coronary heart disease.

This chart shows you which foods contain saturated fat and how you can replace it with more healthy unsaturated fat. Use the list of additional resources to find more detailed information about managing your cholesterol, food labels, eating healthily and losing weight.

Most people in the UK eat too much saturated fat

# 35%

On average we are consuming 35% more than the recommended maximum amount of saturated fat.

# 30g

The average man should have no more than 30g of saturated fat a day.

# 20g

The average woman should have no more than 20g of saturated fat a day.

Haider Ali  
Survivor



"I am generally very careful with my diet. I never smoked. I wasn't overweight. But I had a high cholesterol. I now eat differently – avoiding ghee. I haven't had a pizza since 1999. I tend to eat more lentils, fish and white meat. I have replaced full fat with low fat milk. There are many life changes you can make. Making simple changes to your diet is easy and makes a real difference to your cholesterol."

### Big fat surprise

You could have a high cholesterol level even if you are a healthy weight, so it's important for everyone to eat well and to be active to keep their hearts healthy. In fact, coronary heart disease is the UK's single biggest killer.

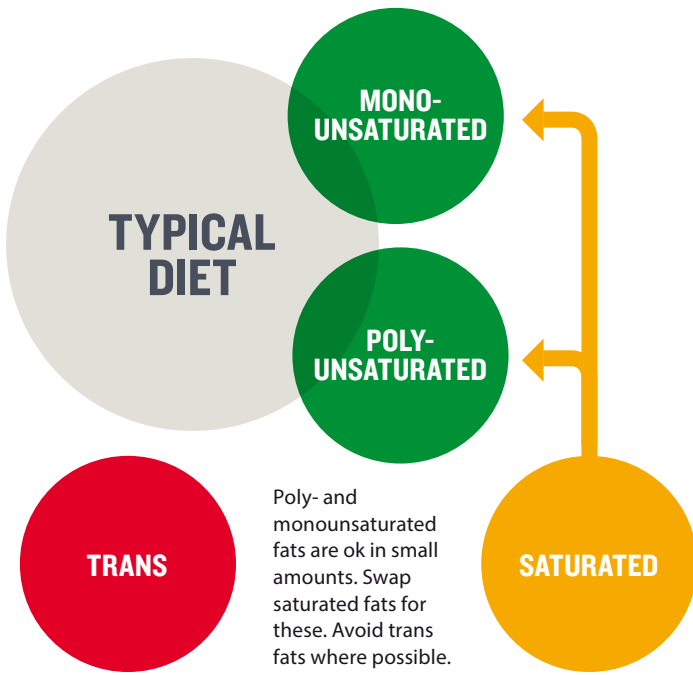
### Over 40? Get a health check

You can find out your cholesterol level by attending a health check. This is an assessment carried out by your GP or practice nurse to find out your risk of coronary heart disease. It's available to anyone over 40.

## KNOW YOUR FATS

A typical diet is made up of a number of different fats.

Avoiding fats altogether is not the solution. You need to make sure you eat foods that contain the healthy monounsaturated and polyunsaturated fats. They provide essential fatty acids and fat soluble vitamins so they're an important part of your diet.



### Monounsaturated

Have these in small amounts. Monounsaturated fats can help to maintain healthy cholesterol levels.



Some foods which contain monounsaturated fats

- Avocados
- Olives
- Oils and fats: olive oil, rapeseed oil, spreads made from these oils
- Nuts: almonds, cashew nuts, hazelnuts, peanuts, pistachio nuts

### Polyunsaturated

Have these in small amounts. Polyunsaturated fats help to maintain healthy cholesterol levels and provide essential fatty acids.



Some foods which contain polyunsaturated fats

- Fish
- Oils and fats: corn oil, sesame oil, soya oil, and spreads made from these oils
- Nuts and seeds: flaxseed, pine nuts, sesame seeds, sunflower seeds, and walnuts

### Saturated

Swap these for unsaturated fats. Many of the most popular foods are high in saturated fat. Eating too much saturated fat increases the amount of cholesterol in your blood.



Some foods which contain saturated fats

- Processed meats: sausages, frankfurters, bacon, ham, burgers
- Fatty meat
- Hard cheeses: cheddar and parmesan
- Whole milk
- Cream
- Oils and fats: butter, lard, ghee, suet, palm oil and coconut oil

### Trans

Avoid these wherever possible. Foods that have hydrogenated oils or fats in them are likely to contain trans fats. Trans fats can increase the amount of cholesterol in your blood.



Some foods which contain trans fats

- Fried foods
- Takeaways
- Snacks: biscuits, cakes and pastries
- Hard margarines

SMALL AMOUNTS ARE OK

SWAP FOR UNSATURATED

AVOID THESE





# CUT THE SATURATED FAT

## CHECK YOUR FOOD LABELS

Don't assume that 'lower-fat', 'reduced fat' or 'light' versions of products are healthier choices. These terms don't necessarily mean that they will be low in saturated fat.

Always check the nutrition labels on food packets to find out how much saturated fat is in your food. Colour-coding on food labels makes it easy to see if the level of saturated fat is low (green), medium (amber) or high (red). To help you further, our Guide to Food Labelling contains a handy colour-coded guide for you to take shopping.

Here is a general guide:

**HIGH**

More than  
5g saturated fat  
per 100g

**LOW**

Less than  
1.6g saturated fat  
per 100g

## Look for lean

Buy the leanest cuts of meat you can and avoid processed meats such as sausages and bacon. You can remove the skin and any visible fat from your meat before you cook it. Switching from frying to grilling your meat will also make it better for your heart health.

## HAVE A MEAT FREE DAY

Once a week, swap a portion of meat for fish, Quorn™ or pulses including beans, peas, or lentils.

## Extra meat swaps

Poached, boiled or scrambled eggs or an omelette without butter are all healthy options for your meat free day. There is no recommended limit on how many eggs you should eat but try to eat a varied diet. Other meat alternatives you can try include soya mince, soya beans, tofu, and textured vegetable protein.

## Foods with low saturated fat are better for you

**LOW SAT FAT**

Chicken no skin  
White fish  
Pulses



**MEDIUM SAT FAT**

Lean steak  
Grilled oily fish  
Eggs



**HIGH SAT FAT**

Streaky bacon  
Spare ribs in BBQ sauce  
Salami



## HEALTHIER CHEESES

Most cheeses are high in saturated fat but there are a range of lower-fat options to choose from. Use the table below to select healthier cheeses.

Type of cheese	Total fat per 100g	Saturated fat per 100g
<b>High fat (total fat more than 17.5g per 100g)</b>		
Mascarpone	44	29
Stilton	35	23
Cheddar, Red Leicester, Double Gloucester and other hard cheeses	35	22
Parmesan	30	19
Brie	29	18
Paneer (made from whole milk)	28	18
Soft goat's cheese	26	18
Edam	26	16
Processed cheese (e.g. cheese slices, cheese strings)	24	14
Camembert	23	14
Feta	20	14
Mozzarella	20	14
<b>Medium fat (total fat 3.1g-17.5g per 100g)</b>		
Half-fat cheddar	16	10
Reduced-fat processed cheese	13	8
Ricotta	8	5
Cottage cheese (plain or with additions such as pineapple)	4	2
<b>Low fat (total fat 3g or less per 100g)</b>		
Reduced-fat cottage cheese (plain)	2	1
Quark	0.2	0.1

## Go Italian but cut the cheese



Popular dishes such as lasagne can be made healthier using semi-skimmed milk and low fat mature cheddar to make the cheese sauce.

Try using fresh tomatoes or cherry tomatoes with a bay leaf, dried parsley and oregano, a crushed garlic clove, and chilli flakes to give your tomato sauce extra flavour.

Even carbonara sauce can be made using half-fat crème fraîche, healthier Quark cheese and eggs.



Visit [bhf.org.uk/heart](https://www.bhf.org.uk/heart) to get free access to the Heart Matters online recipe finder and search for our Mediterranean vegetable lasagne.

## CHOOSE LOW FAT DAIRY

Swap whole and condensed milk and cream for 1%, skimmed or semi-skimmed milk. Low fat dairy contains the same protein and calcium as full fat dairy.

Swap for skimmed or semi-skimmed



## Perfect portions

Grate rather than slice hard cheeses so you use less. For maximum flavour, use a small matchbox sized portion of strong cheese rather than a large portion of mild cheese.



## Magic mash

Prepare your mashed potato with a low fat spread and semi-skimmed milk.



## The goodness of spread

Product	Saturated fat	
	per 100g	(2 teaspoons) portion (g)
Ghee	65	7
Butter	54	5.4
Spreadable butter	37	3.7
Reduced fat spreadable butter	27	2.7
Olive oil spread	14	1.4
Vegetable or seed oil spread	12	1.2
Low fat vegetable or seed oil spread	9	0.9



## Try a different method

Try baking, boiling, steaming, poaching or microwaving instead of frying vegetables.



## COOKING FATS AND METHODS

The way you cook something has a big impact on the amount of saturated fat in the food you eat. Why not try the following healthier cooking methods.

## Measure carefully

Measure out cooking fats and oils with a teaspoon or use spray oil with a non-stick pan. A tablespoon of oil is enough for four people.

= 4 people

## Oil change

Change the type of oil you use for cooking to pure vegetable, rapeseed, olive or sunflower oils.



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## HOMEMADE CHALLENGE

Cooking from fresh ingredients rather than relying on pre-prepared food will give you more control over what you eat.

## Quick fish

You can buy fresh or frozen fish and grill, steam, bake or poach it. Tinned fish, in water or unsaturated oils, is also a quick and healthy meal choice.



## Liven things up

Add chilli, lemon juice, or fresh or dried herbs for a delicious meal.



## Need more information?

If you want to know more, go ahead and order another heart health resource from this list by calling the BHF Orderline on 0870 600 6566 or visit [bhf.org.uk/publications](https://www.bhf.org.uk/publications)

**Eating well** (code G186): A5 booklet that explains the benefits of a balanced diet in depth and shows how you can follow a healthy eating plan as part of your daily life.

**10 minutes to change your life challenge pack** (code G927): The pack includes no-nonsense information and challenge charts to help you eat well, get active, cut down on stress and quit smoking.

**Guide to food labelling** (code G54): It's important to read food labels to find out how much saturated fat is in your food.

**Reducing your blood cholesterol** (code H153): For more in-depth information about managing the level of cholesterol in your blood.

**So you want to lose weight... for good** (code M2): A guide to losing weight steadily and keeping it off.

**Taste of the Caribbean** (code G503) and **South Asia** (code G606): Vibrant African Caribbean and South Asian favourites that are good to eat and good for your heart.