

Tips to limit unhealthy fats and oils intake

Fats and oils are high in calories so their intakes should be limited to healthy limits. Limit the use of saturated fats/oil like butter, palm oil, coconut oil etc. Avoid the use of trans-fats like stick margarine etc.

Here are some tips that might help:

- ❖ Limit cooking oil to olive oil and other mono-unsaturated or poly-unsaturated fats
- ❖ Do not add oil in foods that already have high fat content example meat, seeds like melon/pumpkin, sesame, fish
- ❖ Among cultures that rely on use of palm oil as cooking oil, use other natural food ingredients that can give the red color to cook examples are:
 - Use of turmeric and curry powder in sauces instead of palm oil
 - Use of red colored vegetables to cook lentils and whole grains
 - Limit the quantity of red oil used to the barest minimum