

FOOD SOURCES OF FAT: EXAMPLES



MOSTLY SATURATED FATS (ANIMAL ORIGIN)

MAIN SOURCES

Visible animal fats:

Butter, lard, meat fat.

Foods containing invisible animal fats:

- cheese
- butter present in cakes, biscuits and pastries
- meat products (e.g. sausages, corned beef, chorizo)
- meat (fat between muscle fibers)
- lots of pre-prepared meals and takeaway foods



PRODUCTS RICH IN SATURATED FATS AND TRANS (ULTRA-PROCESSED)

MAIN SOURCES

Visible vegetable fats:

Solid vegetable fats, margarines (now referred to as "vegetable creams"), coconut cream, cocoa butter.

Foods that contain invisible vegetable fats:

- many processed foods (e.g., pre-prepared curries, ready meals, and fast food fried in hydrogenated vegetable fat; e.g., fried chicken, french fries)
- chocolate (including white chocolate)
- pastries, cakes, biscuits, doughnuts and breads made with hydrogenated white vegetable fats or vegetable creams



RICH ANIMAL SOURCES IN UNSATURATED FAT

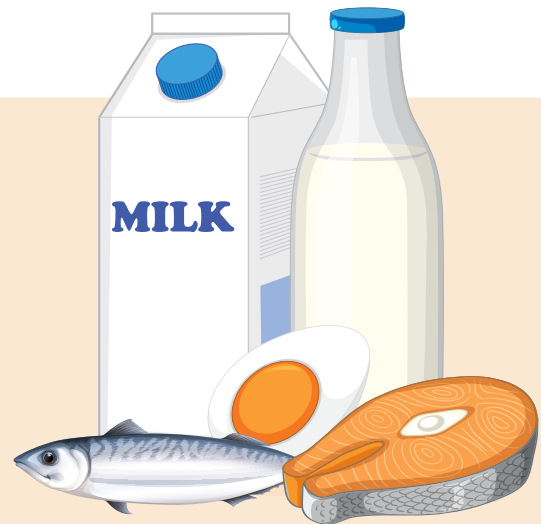
MAIN SOURCES

Visible animal oils:

Cod liver oil (capsules), fatty fish (e.g. mackerel, sardines).

Foods that contain invisible animal fats

- milk
- cream
- egg yolk
- oily fish (e.g. sardines, salmon, herring)



VEGETABLE OILS AND FATS RICH IN UNSATURATED FAT

MAIN SOURCES

Visible vegetable oils:

Nut and seed oils (e.g. sunflower, rapeseed, sesame, corn, olive, almond).

Foods that contain invisible vegetable fats:

- seeds, e.g. pumpkin, sunflower, sesame, peanut
- nuts, e.g. walnuts, almonds, pecans, cashews
- fruits, e.g. olives, avocado
- vegetable creams, mixtures such as "vegetable butter"
- fried foods, e.g., donuts, chips, nuggets
- many processed foods, ready meals and takeaway (e.g. curries, ice cream, sauces, dressings)



This poster shows examples of foods that contain fat, using a traditional classification. This organization does not indicate whether a food is healthy or not. The impact of fat on health depends mainly on the type of fatty acids, the degree of processing and the overall dietary pattern.

