

## Fat 9 Kcal/g

Despite what you may have heard fat is NOT the enemy! It is another essential macronutrient (made up of various fatty acids)

Your body needs fats, along with protein to build new cells, and for good hormonal function (cholesterol for example plays a hugely important role in hormone production).

It is important that you aim to get your daily fat intake from a variety of sources including both saturate and unsaturated fats. (N.B trans-fats often found in heavily processed goods are best avoided where possible as the body can't process them as effectively).

We recommend consuming 2-3 portions of oily fish weekly or considering supplementation with a good quality fish oil if this is an issue (to ensure that you are getting enough mono and poly-unsaturated fats in your diet)

Poly-unsaturated fats include the Omega 3 and 6 Fatty acids.

## High Fat Food List and Portions (inc. vegetarian options)

| High Fat Foods                        | Fat /100g or 100ml | More Info  |
|---------------------------------------|--------------------|--|
| Avocado                               | 19.5g              |  |
| Salmon                                | 14.9g              | High in omega-3 fatty acids                          |
| Eggs                                  | 9.6g               | High in omega-3 + 6 fatty acids                      |
| Olive Oil (extra virgin)              | 91.5g              | High in mono-unsaturated fat                         |
| Coconut Oil                           | 97.3g              | High in saturated fats (>80%)                        |
| Butter                                | 82.9g              | High in saturated fats (>60%)                        |
| Peanut butter (sainsburys crunchy)    | 55.5g              | High in Mono-unsaturated fats                        |
| Dark Chocolate (70% green and blacks) | 42g                |  |
| Greek Yoghurt                         | 9.2g               |  |
| Beef Steak (sirloin)                  | 11.4g              |  |
| Whole Milk                            | 4g                 |  |
| Sardines (in spring water)            | 11.6g              | High in omega-3 fatty acids                          |
| Mackrel (smoked fillets)              | 22.9g              | High in omega-3 fatty acids                          |
| Nuts (Sainsbury's mixed)              | 57.6g              | High in omega-3 + 6 fatty acids and mono-unsaturated |

N.B. This list is not exhaustive, but is to provide you with a guide and ideas as to foods that you can eat that are high in fats. Refer to the product packaging when you purchase foods for specific information.

