

Dietitians New Zealand | Ngā Pūkenga Kai Ora o Aotearoa

EMPOWERING KIWIS
TO EAT WELL

INFORMATION *for people*
and *whānau* with DIABETES

BASIC GENERAL
FAT

20
/
23

Fats

All fats are high in energy (kilojoules/calories). Eating too much can lead to weight gain. Some fats are healthier than others. Choosing **unsaturated** ('heart healthy') fats instead of saturated fats, improves your cholesterol and therefore your risk of heart disease.

Choose healthy fats

Type of fat	Common Sources	Ways to include them in your diet
Polyunsaturated fats (PUFA)	<ul style="list-style-type: none"> ✓ Oily fish and seafood (e.g. salmon, mackerel, tuna) ✓ Sunflower, canola, soybean, grapeseed oil ✓ Brazil nuts, walnuts, hazelnuts ✓ Soybeans, soy milk ✓ Chia seeds, linseeds, sunflower seeds ✓ Margarine made with canola or sunflower oil 	<ul style="list-style-type: none"> • Eat fish at least once a week • Use only a small amount of vegetable oil in cooking • Have a small handful of nuts as a snack • Add seeds to your breakfast cereal or smoothies • Use margarine instead of butter as a spread
Monounsaturated fats (MUFA)	<ul style="list-style-type: none"> ✓ Extra virgin olive oil, peanut oil ✓ Avocado ✓ Peanuts, almonds, cashew nuts ✓ Peanut butter ✓ Margarine made with olive oil 	<ul style="list-style-type: none"> • Use a small amount of oil in cooking • Use avocado or peanut butter as a spread on wholegrain bread or crackers

Limit unhealthy fats

Type of fat	Common Sources	Healthier options
Saturated fats and trans fats	<ul style="list-style-type: none"> ✗ Animal fats (e.g. butter, ghee, lard, suet, dripping) ✗ Fat on meat, skin on chicken ✗ High-fat processed meats (e.g. sausages, tinned corned beef, salami, bacon) ✗ Deep fried food (e.g. fried chicken, hot chips, doughnuts) ✗ Pies and pastries (e.g. meat pies, sausage rolls, croissants) ✗ High fat takeaways (e.g. pizza, fried rice, fried noodles, cream-based curries, fish and chips) ✗ Baked goods (e.g. cakes, slices, cookies, muffins) ✗ Full fat dairy (e.g. whole milk, cream, ice cream, cheese, sour cream) ✗ Coconut oil, coconut cream, coconut milk ✗ Palm oil (common in processed foods) ✗ Creamy sauces and dressings (e.g. mayonnaise, ranch, cheese-based sauces) 	<ul style="list-style-type: none"> • Use a non-stick pan • Use canola oil or olive oil instead of butter, ghee, or coconut oil • Use margarine spread made Olive oil rather than butter • Remove chicken skin and fat from meat before cooking • Choose unprocessed deli meats (e.g. shredded chicken, or shaved roast beef) instead of processed meats • Choose lower fat takeaways, e.g. Pita Pit, Subway, sushi, tomato-based curries • Choose low-fat dairy options (e.g. lite blue or green top milk, low-fat 'lite' yoghurt) • Use low-fat yoghurt instead of cream or sour cream • Keep high fat treat foods for a special occasion • Use 'lite' salad dressings and mayonnaise • Use tomato-based sauces instead of creamy/cheesy sauces

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We'd love to hear from you.
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