



## Healthy Fats

Information sourced from Healthy Food Guide

Source C/- HFG-Shopping-guide-Z-Card

HFG recommends these for their balance of unsaturated fats:

### For salads

Oils which add their own flavour

- avocado oil
- macadamia nut oil
- extra virgin olive oil
- peanut oil
- flaxseed oil
- sesame oil

More subtle oils

- canola oil
- rice bran oil

Olive oils labelled 'pure' or 'light' are usually lower

quality than 'extra virgin' olive oil. All olive oils have the same fat content.

### For cooking

These oils have a high smoke point (i.e. won't burn at cooking heat). They are listed in order from the highest.

- rice bran oil (little flavour)
- avocado oil (adds some flavour)
- canola oil (little flavour)
- sesame oil (strong flavour)
- peanut oil (strong flavour)

We need fat, but aim to limit saturated fats and use more unsaturated fats. All fat is high in energy (kilojoules).

# Different Names for Fats, Salt & Sugars

Information sourced from Diabetes NZ

[http://www.diabetes.org.nz/food\\_and\\_nutrition/label\\_reading](http://www.diabetes.org.nz/food_and_nutrition/label_reading)

## Polyunsaturated Fats:

- Soybean oil
- Safflower oil
- Corn oil
- Sunflower oil
- Grape seed oil

## Salts:

- Sodium
- Rock salt
- Monosodium glutamate (MSG)
- Sea salt

## Sugar:

- Brown sugar
- Corn syrup
- Dextrose
- Disaccharides
- Fructose
- Glucose
- Golden syrup
- Honey
- Invert sugar
- Lactose
- Malt extract
- Maltose
- Molasses
- Monosaccharides
- Raw sugar
- Sucrose

## Monounsaturated Fats:

- Canola oil
- Peanut oil
- Avocado oil
- Olive oil

## Saturated Fats and Trans Fatty Acids:

- Animal fat/oil
- Kremelta
- Baking margarine
- Hydrogenated fat
- Butter fat
- Lard
- Coconut oil
- Milk solids
- Copha
- Palm oil
- Dripping
- Shortening
- coconut oil
- coconut cream/coconut milk
- chocolate
- cocoa butter
- cream

