

# Where are the **FATS**?



We need some fats in our diet. But all fats, bad or better, are high in calories and too much of any type can lead to obesity and poor health. Hence, we are advised to replace most of the bad fats (saturated and trans) in our diets with better fats (monounsaturated and polyunsaturated), and eat them in moderation.

Using an adult's average energy requirement of 2,000 calories a day, the recommended total, saturated and trans fat allowances are 67 g, 22 g and < 2 g<sup>1</sup> respectively per day.

## TOTAL FAT and SATURATED FAT in one serving of food<sup>2</sup>



**Fish & Chips**  
47 g / 20 g



**Char Kway Teow**  
38 g / 29 g



**Claypot Rice**  
37 g / 16 g



**Fried Horfun**  
27 g / 11 g



**Ban Mien Soup**  
22 g / 8 g



**Fried Vegetarian Beehoon**  
17 g / 8 g

Other Local Favourites	Total Fat (g)	Saturated Fat (g)
Laksa Lemak	40	14
Nasi Briyani with Chicken	35	15
Mee Goreng	20	8
Roti Prata with Egg	14	6
Sliced Fish Beehoon Soup	8	4
Fish Porridge	3	0

## TRANS FAT FACTS

### Trans fat is:

- Mostly artificial, made by chemically changing liquid oils to semi-solid fats
- Labelled as partially hydrogenated vegetable oils and vegetable shortening in commercial baked goods, fried foods and snacks
- Used in cooking and baking to increase shelf life, enhance flavour and improve texture
- Bad for heart health because it increases LDL cholesterol (bad cholesterol), decreases HDL cholesterol (good cholesterol) and promotes inflammation<sup>3</sup> – all these increase the risk for heart disease



For more information, visit [www.myheart.org.sg](http://www.myheart.org.sg)

<sup>1</sup>The World Health Organization <sup>2</sup>The Health Promotion Board <sup>3</sup>Mozaffarian D, et al. Am J Clin Nutr (2004)