

Your guide to Your guide to fats, spreads and oils

Fats, spreads and oils provide essential fats but use in very small amounts.

Use as little as possible.



Food Shelf Facts



All types of fats and oils are very high in calories but some contain better fats than others.



Reduced-fat spreads are lower in calories as they contain less fat and more water.



Saturated fats, found in hard fats, raise blood cholesterol and can increase risk of heart disease.



Essential fats are found in vegetable oils, including rapeseed, olive, canola, sunflower and corn oils.

What is a Serving?

1 serving size is:

1 portion pack of reduced-fat or light spread for 2 slices of bread

1 teaspoon of rapeseed, olive, canola, sunflower or corn oil per person when cooking

Portion guide

Portion packs of reduced-fat spread found in cafes can guide the amount you use. One should be enough for two slices of bread.



1 for 2 slices of bread

Healthy Eating Tips



Choose mono or polyunsaturated reduced-fat or light spreads.



Choose rapeseed, olive, canola, sunflower or corn oils.



All oils contain the same amount of calories. Always cook with as little fat or oil as possible – measure it out instead of pouring into the pan.



Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Choose lower fat options and use smaller amounts.