

# Some myths we will tackle in this programme

“We need carbs and sugar for energy”

“Saturated fat clogs your arteries and causes heart disease”

“You can outrun a bad diet”

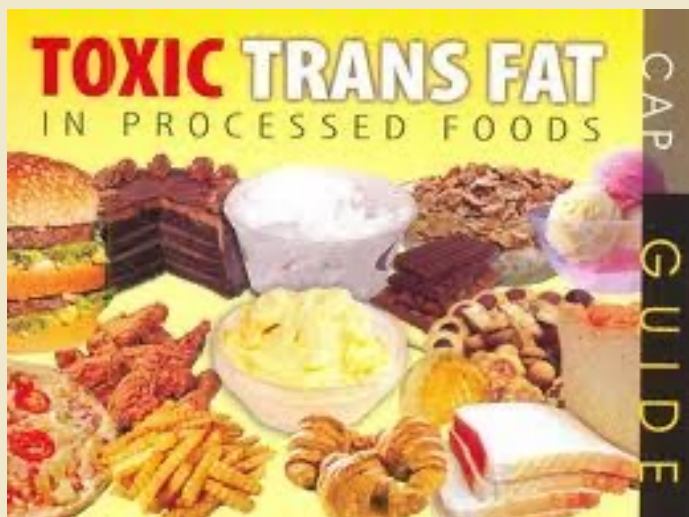
**Today it's about 'good' and 'bad' fats**

**6.25 / 20 mins**

Which are the good oils and fats and which are the dangerous ones?



# The unhealthy ones



Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size 4 cookies (32g) Servings 9 Calories 150 Calories from fat 60	Total Fat	7g	11%	Total Carb.	20g 7%
	Sat. Fat	4.5g	23%	Dietary Fiber	1g 4%
	Trans Fat	0g		Sugars	10g
	Cholest.	0mg	0%	Protein	2g
	Sodium	115mg	5%		
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					
<b>INGREDIENTS:</b> Enriched flour, riboflavin, sugar, partially hydrogenated vegetable oil, cocoa, cornstarch, hydrogenated oils, soy lecithin, salt, caramel color, artificial flavors.					



# Big fat myths

**Animal fat = bad/saturated fat**



100 grams of steak has  
7 grams of total fat and  
2.1 grams of saturated fat



100 grams of olive  
oil is 100 grams of  
fat and has 14  
grams saturated fat

**SEVEN times  
more saturated  
fat than steak**



Eggs 10/3.1



Mackerel 14/3.3



Almonds 51/3.9

All these foods have more fat in total and more saturated fat than beef

# Big fat science



Mother's milk is 50%  
saturated fat  
.... is Mother Nature  
trying to kill us?

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2950926/>

# Real foods have all kinds of fat in them

Mono-unsaturated

Poly-unsaturated

Saturated

