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In the past three issues of *Tate & Lyle today*, we have looked at balanced diets and highlighted good

sources of carbohydrates and protein, two of the three nutrient groups that our bodies need to function effectively. In this issue, we will take a look at healthy sources of fat.



It is essential to have some fat in the diet. Fat is required for energy production and to supply essential fatty acids and fat-soluble vitamins (A, D, E, K). Around 30% of our daily energy intake should come from fat with the rest coming from carbohydrates (55%) and protein (15%).

We all know that we should moderate the amount of saturated fats we eat. However, what types of food contain the essential fatty acids that our bodies need? Polyunsaturated Fatty Acids contain the Essential Fatty Acids omega-6 and omega-3. These are termed essential because they cannot be made in the human body and must be supplied by the diet. Omega-6 fatty acids are present in nuts, seeds, vegetable oils and margarines. Omega-3 fatty acids are found in oily fish (such as mackerel, salmon, tuna, herring), pumpkin seeds and walnuts. Current dietary recommendations suggest consuming at least 2 portions of fish per week – one of which should be oily fish, for the Omega-3 fatty acids.



*For more information on changing your diet, visit [www.sugar-bureau.co.uk](http://www.sugar-bureau.co.uk)*