

LUL Health Fair Questionnaire

Fats in the diet



Most people know that we should be eating less fat. This is because having too much fat makes it easy to eat more energy than we need, making us put on weight.

But did you know it's important to try to replace some of the 'bad' types of fat we eat with 'good' unsaturated fat? This is because eating a lot of 'bad' saturated fat can raise our

cholesterol levels, and increase our risk of having a heart attack or stroke.

The following questionnaire will help you to see if you're eating too much fat and help you to understand how the amount and type of fat you eat affects your cholesterol level.

1. How often do you eat the following foods that can be high in total fat?

Mark the boxes below with either **A**, **B**, **C** or **D** for:

(**A**) Regularly, (**B**) Often, (**C**) Sometimes, (**D**) Never.

- ☐ Chips (fried)
- ☐ Hard cheeses
- ☐ Meat pies, sausage rolls
- ☐ Butter, margarine, lard or ghee
- ☐ Take-away curry
- ☐ Cakes, biscuits, pastries
- ☐ Sausages, bacon
- ☐ Fast food
- ☐ Fried chicken or fried fish
- ☐ Crisps
- ☐ Palm oil, coconut oil or coconut cream
- ☐ Puddings e.g. sponge, pastry or cream-based

TOP TIP: Eating too much fat can lead to weight gain.
Try these tips for cutting back:

- Grill, bake, poach or steam food rather than frying it.
- Have pies with only one pastry crust rather than two (because pastry is very high in fat)
- Pick something low fat to go with something high fat (e.g. a baked potato instead of chips with a meat pie)

2. How often do you eat the following foods that are high in saturated fat?

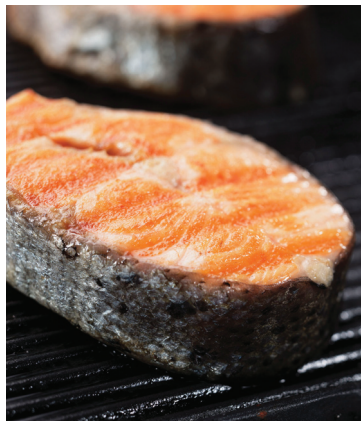
Mark the boxes below with either **A**, **B**, **C** or **D** for:

(**A**) Regularly, (**B**) Often, (**C**) Sometimes, (**D**) Never.

- ☐ Hard cheese
- ☐ Meat pies, sausage rolls
- ☐ Butter, lard or ghee
- ☐ Cakes, biscuits, pastries
- ☐ Sausages, bacon
- ☐ Fast food
- ☐ Fatty meat
- ☐ Palm oil, coconut oil/cream
- ☐ Cream, crème fraîche
- ☐ Chocolate

TOP TIP: Having too much 'bad' saturated fat can raise your cholesterol level, which increases the chance of developing heart disease. A good way to start lowering your cholesterol level is to cut back on foods high in saturated fat.





3. How often do you eat the following foods that are rich in 'good' unsaturated fats, in place of foods that are high in 'bad' saturated fats?

Mark the boxes below with either **A**, **B**, **C** or **D** for:
(**A**) Never, (**B**) Sometimes, (**C**) Often, (**D**) Regularly.

- ☐ Oily fish
- ☐ Nuts and seeds
- ☐ Sunflower, rapeseed or olive oil
- ☐ Spreads made from sunflower or olive oil

TOP TIP: Unsaturated fats can be a healthier choice. Try to eat foods containing more unsaturated fat and less saturated fat. Unsaturated fats can help reduce cholesterol levels.

4. How often do you eat these types of oily fish?

Mark the boxes below with either **A**, **B**, **C** or **D** for:
(**A**) Never, (**B**) Sometimes, (**C**) Often, (**D**) Regularly.

- ☐ Salmon (fresh or canned)
- ☐ Mackerel or pilchards
- ☐ Sardines
- ☐ Tuna (fresh only – canned doesn't count!)

TOP TIP: Oily fish is the best source of omega 3. Omega 3 fats have been shown to help protect against heart disease. Try to eat two portions of fish a week, one portion of which should be oily fish.

5. How often do you eat foods such as oats, fruits, vegetables and pulses (e.g. beans, lentils, chickpeas)?

Mark the boxes below with either **A**, **B**, **C** or **D** for:
(**A**) Never, (**B**) Sometimes, (**C**) Often, (**D**) Regularly.

- ☐ Oats e.g. porridge
- ☐ Baked beans
- ☐ Fruit and veg
- ☐ Other pulses e.g. chickpeas, lentils.

TOP TIP: Eating the type of fibre found in oats, fruit and veg and pulses can help to lower your cholesterol level. Why not try having a bowl of porridge or reduced-salt baked beans on toast for breakfast? Make sure you get your 5 portions of fruit and veg a day too.

6. How often do you exercise or take part in a hobby or leisure activity that is active (e.g. gardening, DIY)?

☐ Mark the box on the left with either **A**, **B**, **C** or **D** for:
(**A**) Never, (**B**) Sometimes, (**C**) Often, (**D**) Regularly.

TOP TIP: Getting physically active will help you burn off calories, maintain your body weight and lower your cholesterol level. Aim to be active for at least 30 minutes a day, 5 days a week. Why not start by taking the stairs instead of the escalator, walking the dog every day or joining a fitness group? Remember to start slowly if you haven't exercised for some time.

How did you score? Totals: A **B** **C** **D**

Mostly As: You are probably eating too much fat and too many of the 'bad' saturated fats. Try to cut back on the overall amount of fat you are eating by following some of the 'top tips'. Try to get active, for example by walking briskly for 30 minutes a day.

Mostly Bs: You may be eating too many of the 'bad' saturated fats and not enough of the 'good' unsaturated fats. Try to swap fast food, take-aways, fried foods and pies for meals that include oily fish and vegetables. Adding in some oats or pulses may help to lower your cholesterol level. Exercising regularly also helps to lower cholesterol.

Mostly Cs: Your fat intake may be moderate, but there's room for improvement! Lots of the fat we eat is in the form of unhealthy saturated fat, so try to swap butter for spreads made from olive oil or sunflower oil. Swap cooking fats like lard and palm oil for olive, rapeseed or sunflower oils.

Mostly Ds: Well done! It looks as if you are not eating too much fat. Try to eat one portion of oily fish a week to protect your heart against disease, and eat more oats, pulses and fruit and veg to keep your cholesterol level in-check. Exercising 5 times a week will help you to maintain a healthy weight.