

FAT



Important fact

Fat is an important source of essential fatty acids which supports the bodies day to day function. If we remove fat from our diet, we are starving it of essential nutrients

Fat and calories

Out of all the three macronutrients, fat is the most energy dense. This means, that for every **1g** of fat you consume, that equates to **9 calories**

Thermogenic effect

The thermogenic effect of food is the amount of energy (calories) it takes your body to digest the food you've eaten

For fat its thermogenic effect is between 1-3%

This means if you consume 100 calories of fat you will use 1-3 calories to digest that fat

Mono-unsaturated/Poly-unsaturated

Unsaturated fats are deemed the healthier of the fat sub groups. They can be found in a greater variety of foods and generally have a positive effect on cardiovascular and brain health. When dialing in saturated fat consumption, total daily fat intake should not exceed 30% of total calorie intake, per day. This is a rough guideline and dependent on diet, may differ

Examples: olive oil, avocados, nuts, seeds

Saturated

Saturated fats generally get a bad stigma for negatively impacting cardiovascular health. However, they play an important role in male/female hormone production and shouldn't be neglected. Typically, you should consume smaller quantities when compared to unsaturated. General guidelines advise no more than **20-30 grams** of saturated fats per day

Examples: butter, cheese, fatty cuts of meat

Trans fats are another type of fat, found in: takeaways, fried food and cakes. Similar to saturated these should also be limited within the diet