

STEER CLEAR OF SAT FATS

We all know that fat is bad for you right? Wrong!

In fact some fats are so good for you they are called essential fats, which means we have to eat them to stay healthy.

The bad fats are called saturated fats (sat fats). These are not good for you at all, in fact they can cause real harm, both as a child and in later life. 95% of children are eating too much sat fat, which can lead to high cholesterol and clogging of the arteries, even in childhood, as well as coronary heart disease and obesity.

Unfortunately, sat fats can be found in all kinds of food that kids love - including biscuits, crisps, pizza, sausages, burgers and even healthy dairy products like milk and yoghurt - so cutting back can be a real struggle.

The good news is that these dairy products are the easiest place to start - especially when you have The Good Fat Gang on your side.



DID YOU KNOW...

Vital Vitamin Facts

Instead of drinking full fat milk and eating cheese & yogurts, eat lots of carrots, they give you so much more Vitamin A and have no saturated fat, so are much better for you! If you don't like carrots, try spinach, green leafy veg, red and orange peppers, frozen mixed vegetables, cantaloupe melon, canned apricots and tomatoes. Full of yummy goodness!!

Calcium - building strong bones and teeth

Fish, nuts and low fat dairy products are good sources of calcium and are better for you than full fat dairy. Try tasty prawns and sardines or other oily fish; also almonds, hazelnuts, sunflower seeds and mixed nuts, they're full of calcium and nutty goodness.



GET THE FACTS ON FATS



Milk might seem a healthy drink for kids, but not if it's full fat.

Super Skim Kim

enjoys all the vitamins and minerals of milk without any of the yucky saturated fat you get with that full fat freak



- The Milk Monster.

Kim says " Kids can enjoy skimmed milk & low fat dairy products from 5 years old and the earlier you give it to them, the easier it is to change their taste." Kim recommends skimmed milk, skimmed milk yoghurt drinks and smoothies, and to avoid anything that contains whole milk.



You can choose cheese with far less fat without losing any of the flavour.

Cheese Louise

has great taste, yet by choosing half fat or reduced fat, she cuts her sat fats right back and avoids the gruesome grease of



Queazy Cheesy

Cheese Louise says:

" Low fat dairy products give your kids the same calcium as full-fat varieties, and can cut sat fat intake by up to 70%." She recommends you look for reduced fat versions of all your favourites - always avoid full fat cheeses.



These days, low fat spreads look and taste just like butter.

Captain Spread's

favourites are made from olive oil, sunflower oil or rapeseed oil, because these have the lowest sat fats.



The Big Bad Butter Boglin

gives you no more taste and loads more sat fats - and he's a lot harder to spread too!



Captain Spread says:

" Full fat dairy products are the biggest source of sat fats in kids' diets.

A yoghurt can be a healthy dessert, but only if you choose the low fat flavours. Let

Yoggo Man

show you the light with low fat yoghurts and fromage frais, and avoid the high sat fats of the slimy yoghurt slob -



Yuckie Yoghurt.

Yoggo Man says

" Even low fat yoghurts can be high in sugar, so save them for a treat or have them for dessert."

He recommends you eat low fat fruit or plain yoghurt or fromage frais - and avoid chocolate or toffee based yoghurts.



Captain Spread

recommends that you always check the fat content of spread before you buy it and choose the one with the lowest sat fats - avoid butter or buttermilk spreads.



Join the Good Fat Gang today!