

SATURATED FAT DAIRY AND YOUR HEALTH



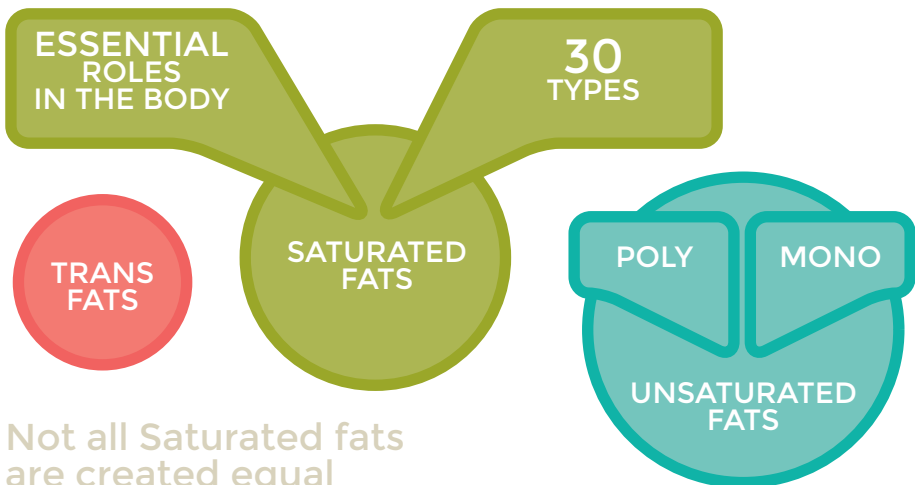
WHAT IS SATURATED FAT?

Foods contain several different kinds of fats. The main families of fats are saturated, trans and unsaturated.

Saturated fatty acids have a variety of important roles in the body. These include hormone production and as components of our cell membranes. There are over 30 saturated fatty acids with a wide variety of effects.

In the past, saturated fatty acids were considered as a single entity, but science now tells us they are a diverse and interesting family of molecules.

MAIN FAMILIES OF FATS



Not all Saturated fats are created equal

Saturated fatty acids have a variety of important roles in the body.



SOURCES OF SATURATED FATS

PLANT



ANIMAL



PROCESSED FOODS



CARDIOMETABOLIC HEALTH

The term 'cardiometabolic disease' is sometimes used to describe heart disease and type 2 diabetes as they share similar risk factors.

Heart disease includes high blood pressure, stroke, coronary heart disease and heart attacks.

WHAT RECENT SCIENCE TELLS US

- Several recent studies using large numbers of participants suggest that milk and dairy products have a neutral or protective effect on heart disease and type 2 diabetes.
- Scientists have called for evidence supporting saturated fat guidelines to be reviewed.
- They also cautioned against recommendations to reduce or eliminate dairy in the diet.
- A number of large studies have found that drinking milk is not associated with strokes or coronary heart disease.
- They also suggest that milk may protect against high blood pressure.
- Several large studies have shown that there is no association between eating cheese and heart disease.
- A number of large studies have shown that yogurt consumption may have a protective role against the development of type 2 diabetes over time. There is now research being undertaken to understand how fermented dairy products may promote cardiometabolic health.

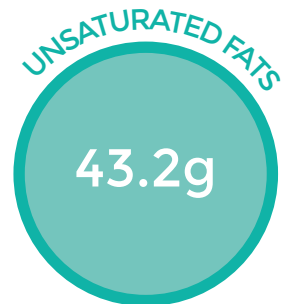
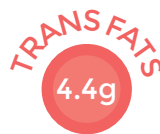
“Diabetes affects about 3.6 million people in the UK, and about 90% of cases are type 2 diabetes. However, it is estimated that another one million people are living with undiagnosed type 2 diabetes.”

HOW MUCH SATURATED FAT SHOULD WE CONSUME

MALE
no more than:







FEMALE
no more than:



Recommended intakes of dietary fat for males achieving 2500kcal and females achieving 2000kcal per day; adapted from Department of Health (1994)

SATURATED FAT IN DAIRY

		DAIRY PROVIDES				
		TOTAL FAT*		SATURATED FAT*		
		g	%	g	%	
200ml MILK	Whole	7.4	9	4.7	23	
	Semi-skimmed	3.5	4	2.3	11	
	Skimmed	0.6	0.8	0.2	1	
150g YOGURT	Plain	4.5	6	2.6	13	
	Fruit	4.5	6	3	15	
	Low-fat plain	1.5	2	1.1	5	
	Low-fat fruit	1.7	2	1.2	6	
30g CHEESE	Hard**	10.4	13	6.5	32	
	Reduced fat	6.6	8	4.1	20	
	Low fat soft***	1.1	1.4	0.7	3.6	
10g BUTTER	Butter	8.2	11	5.2	26	
	Spreadable	7.9	10	3.4	17	

* Percentage of recommended daily intake

** Average of English Cheddar, Red Leicester and Double Gloucester

*** Spreadable type

SATURATED FAT IN OTHER FOODS

Grams (g) of saturated fat per portion



130g roast
chicken
2.7g



1 tablespoon
coconut oil
13.1g



100g grilled
salmon
3g



1 tablespoon
palm oil
7.2g



140g cooked
beef mince
8g



1 tablespoon
olive oil
2.2g



25g grilled
back bacon
2g



50g
almonds
2.2g



90g cooked
lamb
5.3g



50g
cashew nuts
5.1g



50g brazil
nuts
8.7g



50g plain
peanuts
4.4g



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