

Fat

Through many years there has been much focus on limiting the amount of fat in the Danish diet. This has resulted in a decrease in the Danish average fat intake. However, it is not only a question of how much fat you eat, but also a question of which type of fat you chose – because fat is not just fat.

Fat is not only evil. Fat results in energy, supplies essential fatty acids and essential fatty acids and helps the absorption of fat soluble vitamins. However, when you have diabetes it is very important that you know a little about fats, for instance what you have to try to limit and what it the best choice as people with diabetes has a higher risk of developing cardiovascular diseases.

Which type of fat should I chose?



Fat is built up by different fatty acids and it is the fatty acids's chemical compositions which have an impact on the health effects of the fats.

It is best to choose the soft types of fats such as fluid margarine, oil and plant margarine. Rapeseed and olive oil has a special high content of unsaturated fat which is also called the healthy fat.

- 1g fat = 37kJ / 9 kcal

For adults and children above 2 years 25-40 % of the total energy consumption should come from fat.

- 10-20 energy percentage should come from monounsaturated fatty acids
- 5-10 energy percentages should come from polyunsaturated fatty acids.
- Max. 10 energy percentages should come from saturated fatty acids (1)

If you want to lose weight it is important to cut down on all types of fat in your daily food. Even if you do not have to lose weight it is still very important to cut down on the amount of saturated fat. On the contrary you may increase the amount of monounsaturated and polyunsaturated fats in your food.

Saturated fat

Saturated fat primarily comes from animals and is e.g. found in dairy fat, fatty meat, butter, and mixture products such as Kærgården butter, shortening, cream, sausages, cakes, chocolate and ice cream. Coconut fat is also saturated fat.

Polyunsaturated fat

Polyunsaturated fat primarily comes from fish and plants. You will find polyunsaturated fats in fat fish such as herring, mackerel, salmon and cod liver. You will also find it in minarine, vegetable margarine, corn oil, sun seed oil, grapeseed oil and fish oil.

Monounsaturated fat

Monounsaturated fat primarily comes from plants and is found in for example rapeseed oil, olive oil, avocados, nuts, almonds and liquid margarine. Especially the monounsaturated fat has a positive impact compared to the content of cholesterol in the blood. Therefore the monounsaturated fat is called "the healthy fat".

See the distribution of saturated, polyunsaturated and monounsaturated fat in various products

Cholesterol is a type of fat which is carried around in the blood. Cholesterol is part of the body's build-up of cells and is essential for many of the body's functions.

Cholesterol is also found in the food which we eat (for example eggs, shrimps and giblets) however, this is of less importance to the cholesterol figures. The fatter the food we eat, the more cholesterol will be formed in the body. Therefore it is especially the saturated fat (animal fat) which results in an increased amount of cholesterol in the blood. Unsaturated fat (vegetable fat) helps to decrease the cholesterol.

Read more about cholesterol

Trans fatty acids

Trans fatty acids is a special type of damaging fats, which in the same way as saturated fats increase the risk of atherosclerosis. It is primarily found in processed foods with hydrogenated fat, such as industrially produced cakes, biscuits, cookies, chips, margarine and French fries.

The amount of trans fatty acids in the Danish diet is decreasing due to the Danish legislation, which only allows a minimum of trans fatty acids in the above-mentioned foods.

1: Nordic Nutrition recommendations

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Responsible

✉ Lisa Heidi Witt and Susanne Elman Pedersen Dietitians