

An overview by our Dietitian on the different foods groups, a confusing topic we aim to clarify for you. This is the next in a series of articles realting to each of the food groups.

Fats and oils are needed by the body, but only in small amounts. A maximum of 1 teaspoon of added fat per meal is recommended. When adding a fat to a meal, choose from the more beneficial fats list to ensure you do not increase your risk for having a stroke or heart attack, or cancer.

Beneficial fats

The better choice

Less beneficial fats (& Sugars)

Use only occasionally

Avocado – ¼ avo

Commercial salad dressings

Peanut butter – 2 tablespoons

Mayonnaise

Olive oil

Butter

Canola oil

Margarine

Peanut oil

Sunflower oil

Olive oil and balsamic vinegar as dressing

Fried chicken and fish

Nuts – small handful

Crisps

Seeds – small handful

Chips

Pies

Pastries

Cakes

Biscuits & cookies

Doughnuts

Puddings & desserts

icecream

Sugar, syrup, jam, marmalade, honey, sweets, cold drinks,

Sugar and high fat containing foods do not have significant amounts of nutrients and are thus foods that generally end up on the hips. Try to only have these foods occasionally, and then they must fit into the starch section of the plate. Do not be tempted to have the usual large servings served in coffee shops. Always share with a friend or two.

