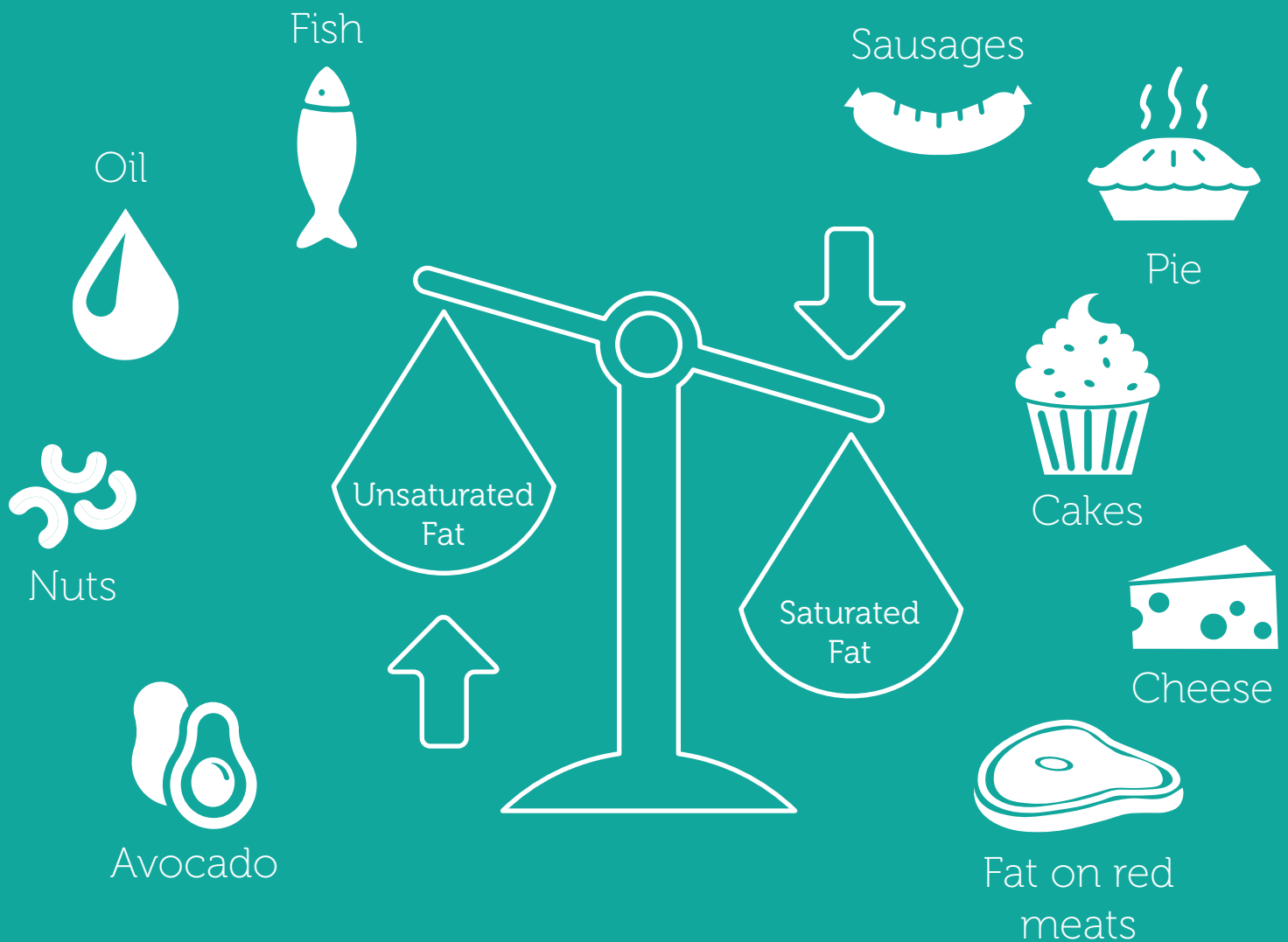


## Fat is ESSENTIAL

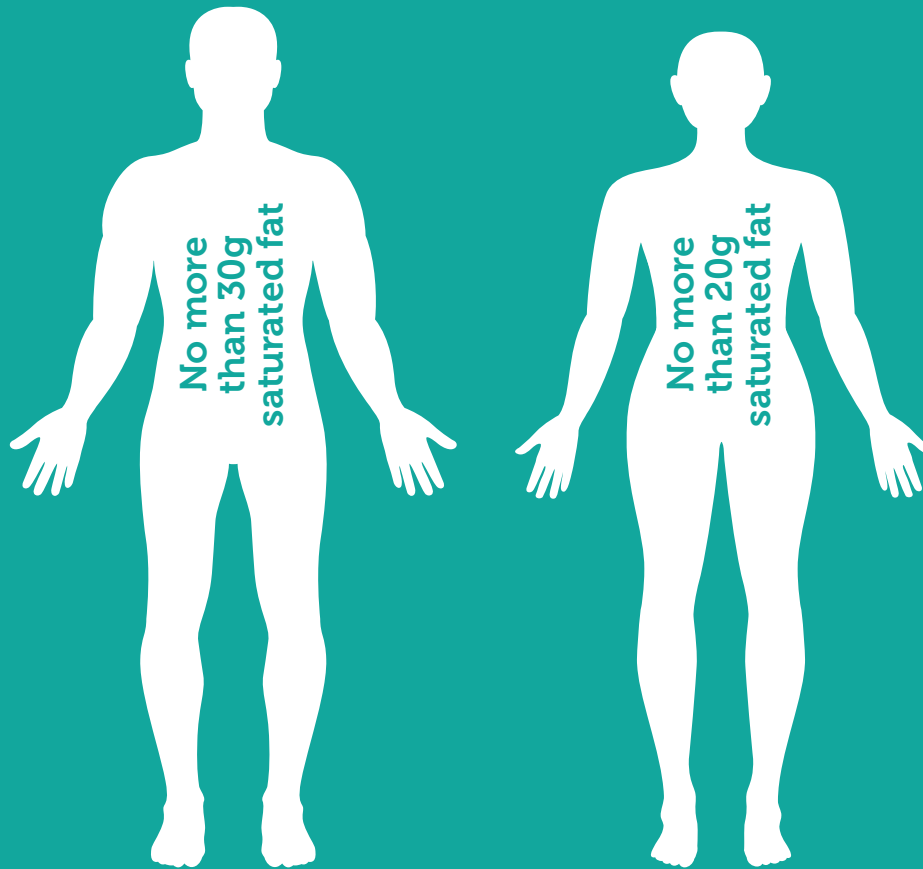
Get the right balance



# Fat is the most dense nutrient

1g Fat = 9 Calories      1g Carb/Protein = 4 Calories

...but out eating any nutrient can increase your weight



## Food labels can help

### Total fat

**High fat** > 17.5g per 100g  
**Low fat** < 3g per 100g or  
< 1.5g per 100ml liquids

### Saturated fat

**High sat fat** > 5g per 100g  
**Low sat fat** < 1.5g per 100g or  
< 0.75g per 100ml liquids

## Be careful of 'low fat'



### Low fat product

Sometimes products can be low in fat but replaced with sugar and may be high in sugar.