

Examples of Fat Content in Food

One piece of roti canai	= 10 g fat
One piece of Naan bread	= 7.6 g fat
One piece of egg-coated bread	= 13.5 g fat
One curry puff	= 10 g fat
One beef burger	= 30 g fat
One piece of fried chicken	= 20 g fat
One plate of fried noodles	= 20 g fat
One plate of nasi biryani	= 15 g fat
One packet fried potatoes	= 15 g fat
10 sticks of satay	= 19.6 g fat
One plate of fried rice	= 25.1 g fat

• 1 teaspoon = 5 g fat



How much fat needs to be taken?

For a normal adult, the ideal daily fat intake should be 9-13 teaspoons a day.

Guide to choosing low fat food

Reduce	Choose
Fatty meat	Lean meat/chicken without the skin
Full-cream milk	Low-fat milk
Fried food	Steamed, grilled food
Fat based snacks - crisps, cakes, biscuits, nuts, cakes with coconut milk	Healthy snacks - steamed corn, fresh fruits

healthy
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- 1 **Minimise sugar**
- 2 **Minimise salt**
- 3 **Minimise oil**
- 4 **More fruits**
- 5 **More vegetables**



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HEALTHY EATING SERIES

Reduce Fat



Reduce Fat

What is fat?

Fat provides energy and assists in the absorption of vitamins A, D, E and K. However, it also affects one's health if taken in excess.

Types of fat

• Saturated Fat

A type of fat that solidifies at room temperature. Food that is rich in saturated fat can increase cholesterol level in the blood.

Examples: Fatty meat, chicken skin, coconut milk, cheese, cream, ghee and ice-cream.

• Unsaturated Fat

A type of fat that is soft and liquefies at a low temperature. This fat will not increase cholesterol level in the blood.

There are two types of unsaturated fat:

- Monounsaturated fat

- Most legumes

- Olive oil

- Canola oil

- Sunflower seed oil

- Sesame oil

2. Polyunsaturated fat

- Soya bean oil

- Sesame oil

- Corn oil

- Certain types of fish such as salmon or tuna

Effects of Fat on Health

Excessive intake of saturated fat can cause:

- i. Excessive body weight
- ii. increased cholesterol level in the blood
- iii. increased risk of
 - Heart disease
 - Diabetes
 - Certain types of cancer

Tips on reducing fat intake

- Reduce consumption of oily and fried food.
- Use cooking oil in small quantities when cooking. Choose vegetable-based oil.
- Reduce the use of coconut milk. Replace with low fat milk.
- Choose meat or chicken parts that are not fatty and remove existing fat before cooking.
- Limit the use of fat such as margarine, butter, salad oil, mayonnaise and cream.
- Choose healthier cooking methods such as roasting, boiling, steaming or grilling rather than frying.
- Absorb excess oil using oil absorbent paper or kitchen roll.

