

Saturated fat quiz sheet

1 Having too much saturated fat can...

- a. increase the amount of cholesterol in the blood
- b. lead to a build up of fatty deposits in the arteries that supply the heart
- c. increase the risk of developing heart disease

2 On average, in the UK we are eating around...

- a. 10%
- b. 15%
- c. 20%

...more saturated fat than the recommended maximum amount.

3 The average man should eat no more than 30g of saturated fat a day. The average woman should eat no more than...

- a. 30g of sat fat per day
- b. 20g of sat fat per day
- c. 10g of sat fat per day

4 Which of the following are types of food that are high in saturated fat?

- a. Standard Greek yoghurt
- b. Pastries/croissant
- c. Pork pie
- d. Plain fruit bun
- e. Semi-skimmed milk

5 Saturated fat is referred to as 'fat, of which saturates' on the nutrition panel.

- a. True
- b. False

6 If a ready meal has 6g of saturated fat per 100g, the saturated fat content is...

- a. high
- b. medium
- c. low

Simply eating healthier snacks
when you're on the go can help
reduce your saturated fat intake.



For more simple ways to cut down, visit [eatwell.gov.uk](https://www.eatwell.gov.uk)
If you want the facts on food, we're the standard.



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