

Simply choosing lower-fat dairy products can help reduce your saturated fat intake.



Look out for yoghurts and cheese that are lower in fat and try 1% fat milk. Reducing your intake of saturated fat reduces your risk of high blood cholesterol and coronary heart disease.

For more simple ways to cut down, visit eatwell.gov.uk
If you want the facts on food, we're the standard.



FOOD
STANDARDS
AGENCY

Simply grating cheese instead of slicing can mean you eat less of it, which can help reduce your saturated fat intake.



And when you're shopping, compare the labels on different cheeses to see which contain less fat. Reducing your intake of saturated fat reduces your risk of high blood cholesterol and coronary heart disease.

For more simple ways to cut down, visit eatwell.gov.uk
If you want the facts on food, we're the standard.



FOOD
STANDARDS
AGENCY

Simply eating chicken without the skin can help reduce your saturated fat intake.



When you're cooking chicken, go easy with the creamy sauces - try a bit of lemon and some herbs instead. Reducing your intake of saturated fat reduces your risk of high blood cholesterol and coronary heart disease.

For more simple ways to cut down, visit eatwell.gov.uk
If you want the facts on food, we're the standard.



**FOOD
STANDARDS
AGENCY**

Simply using leaner mince can help reduce your saturated fat intake.



Check the labels on minced beef and choose the option that is lower in fat. Or try using turkey mince, which is even leaner. Reducing your intake of saturated fat reduces your risk of high blood cholesterol and coronary heart disease.

For more simple ways to cut down, visit eatwell.gov.uk
If you want the facts on food, we're the standard.



FOOD
STANDARDS
AGENCY

Simply trimming the fat off meat can help reduce your saturated fat intake.



Try grilling meat instead of frying. Reducing your intake of saturated fat reduces your risk of high blood cholesterol and coronary heart disease.

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



FOOD
STANDARDS
AGENCY

Simply comparing labels and choosing the option that is lower in saturates can help reduce your saturated fat intake.



If you're going to have biscuits or cake, pick the ones that are lower in saturates. And try to eat them less often. Reducing your intake of saturated fat reduces your risk of high blood cholesterol and coronary heart disease.

For more simple ways to cut down, visit eatwell.gov.uk
If you want the facts on food, we're the standard.



FOOD
STANDARDS
AGENCY

Simply eating less pastry
can help reduce your
saturated fat intake.




Pastry is high in saturated fat, so try not to have pies, pastries and sausage rolls too often. And go for pies with just a lid or a base. Reducing your intake of saturated fat reduces your risk of high blood cholesterol and coronary heart disease.

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



**FOOD
STANDARDS
AGENCY**

A close-up photograph of a black frying pan. In the center of the pan, a thin layer of oil has been heated and has formed a heart shape. To the right of the heart, a black plastic spatula with several ridges is resting on the pan's surface. The background is a dark, slightly blurred surface, possibly a stovetop.

Simply using sunflower
or olive oil instead
of butter can
help reduce your
saturated fat intake.

When you're cooking, use unsaturated oils such as sunflower, olive and rapeseed, instead of butter, lard and ghee. Reducing your intake of saturated fat reduces your risk of high blood cholesterol and coronary heart disease.

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.



FOOD
STANDARDS
AGENCY

Simply comparing labels and choosing the option that is lower in sat fat can help reduce your saturated fat intake.



Reducing your intake of saturated fat reduces your risk of high blood cholesterol and coronary heart disease.

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.



FOOD
STANDARDS
AGENCY

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



Many snacks can be high in saturated fat, so pick up an apple, some dried fruit, or another healthy option. Check the label and choose food that is lower in saturated fat. Reducing your intake of saturated fat reduces your risk of high blood cholesterol and coronary heart disease.

For more simple ways to cut down, visit eatwell.gov.uk
If you want the facts on food, we're the standard.



FOOD
STANDARDS
AGENCY

Simply eating more balanced meals can help reduce your saturated fat intake.



To get the balance right, eat lots of fruit and vegetables and plenty of rice, potatoes, pasta and other starchy foods. These are low in saturated fat, so they help make your meals healthier. Reducing your intake of saturated fat reduces your risk of high blood cholesterol and coronary heart disease.

For more simple ways to cut down, **visit eatwell.gov.uk** if you want the facts on food, we're the standard.



**FOOD
STANDARDS
AGENCY**