

FATS AND COOKING WITH OILS

- Avoid using sunflower oil and vegetable oil when cooking as these oils are high in Omega-6 which increases inflammation and delays recovery. Instead use the guide below.
- Avoid frying with olive oil as it doesn't remain stable at high temperatures.
- Fats are important for health so avoid following very low fat diets

Oils for Cooking and Frying

Rapeseed oil
Organic Coconut Oil
Groundnut Oil
Rice Bran Oil

Oils for dressing vegetables and salad

Extra virgin olive oil
Walnut oil
Avocado oil

- **Try and incorporate 2-3 healthy servings of fat per day. This can be easily achieved by:**
 - Adding 1 teaspoon of oil to salads
 - Adding an avocado to your meals
 - Snacking on a handful of nuts and seeds
 - Eating some oily fish such as salmon and mackerel

TAKE HOME MESSAGE:

Do NOT use sunflower and vegetable oil
Aim for 2-3 portions of healthy fats per day