# SAVOURY SNACKS AND FATS

## Dietary fat is an essential nutrient involved in many vital processes in the body











of vitamins

The different types of fat

### **Unsaturated fats**

- Originate primarily from plants
- They can be either monounsaturated or polyunsaturated and are better for your health















#### Saturated fats

- Originate primarily from animal sources
- Too much saturated fat in the diet increases the risk of high blood cholesterols levels - which in turn are linked to an increased risk of heart disease







#### **TFAs**

Trans fatty acids occur in small amounts in nature and in refined vegetable oils and fats. TFAs have more adverse effects than saturated fat, so intake should be limited.

Savoury snacks generally don't contain TFAs or only at trace levels in some instances

Success in reducing saturated fat levels in savoury snacks





sunflower

saturated fat in the final product





**Dietary fats** enhance the palatability of the food contributing to:



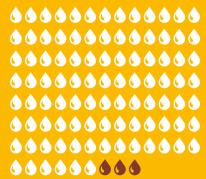




**Minor** contribution of savoury snacks to saturated fat intake

According to the World Health Organisation, saturated fat intake should not exceed 10% of the energy intake. Savoury snacks are a very minor contributor to total saturated fat intake in the European diet.

represent only 3. 1% of the daily average total saturated fat intake in the EV diet





ESA is the only trade association dedicated to the advancement of the European savoury snacks industry.

as well as smaller, specialist companies and suppliers to the industry such as flavour houses, food processors and