

SAVOURY SNACKS AND FATS

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



Providing energy



Maintaining a healthy heart



Promoting healthy cell function



Helping brain development and function



Supporting the absorption 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



Healthy nuts!

Saturated fats

- Originate primarily from animal sources
- Too much saturated fat in the diet increases the risk of high blood cholesterol 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

Dietary fats enhance the palatability of the food contributing to:



Success in reducing saturated fat levels in savoury snacks



up to **60%** less saturated fat in the final product



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.

Savoury snacks represent only **3.1%** of the daily average total saturated fat intake in the EU diet

