**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

**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.

**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.

**Success in reducing saturated fat levels in savoury snacks**
- New and reformulated recipes
- Shift to sunflower oil or rapeseed oil
- New manufacturing and cooking techniques

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

- Texture
- Aroma
- Flavour

**Minor contribution of savoury snacks to saturated fat intake**
- Savoury snacks represent only 3.1% of the daily average total saturated fat intake in the EU diet

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

Our international membership includes the companies which make many of the world’s favourite savoury snack brands, as well as smaller specialist companies and suppliers to the industry such as flavour houses, food processors and equipment providers, together with national trade associations with relevant interests in the savoury snacks industry.