

FAT, SUGAR, AND SALT

HIGH AND LOW

VALUES

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IMPORTANT

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Introduction

What are high and low values related to Fat, Sugar, and Salt?

The following information is based on the United Kingdom Food Standard Agency's recommendations for 1) Fat, 2) Sugar, and 3) Salt intake:

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1) Fat

There are two main types of fat found in food, namely 1) saturated fat, and 2) unsaturated fat.

Eating a diet that is high in saturated fat can raise the level of cholesterol in in blood, and over time this can be causal in cardiovascular disease.

Consequently, it is a good idea to reduce the intake of saturated fat.

This can be done by:

- Eating less of foods that are high in saturated fat
- Choosing products and options that are lower in saturated fat
- Choosing products and options that contain unsaturated fats instead of saturated fats

Having unsaturated fat instead of saturated fat can help to lower blood cholesterol and to provide the individual with the essential fatty acids that their body needs.

E.g. Olive oil is a healthy choice because it is low in saturated fat and high in unsaturated fat.

How much fat should individuals have?

- The average man should have no more than 30g saturated fat a day.
- The average woman should have no more than 20g saturated fat a day.
- Children should have less saturated fat than adults. However, remember that a low-fat diet is no suitable for children under five - they are still developing and require

Product Content

To find out if a food is high or low in fat, look at the label.

- High is more than 20g fat per 100g
- Low is 3g fat or less per 100g

If the amount of fat per 100g is in between these figures, then that is a medium level of fat.

To find out if a food is high or low in saturated fat, or 'saturates', look at the label.

- High is more than 5g saturated fat per 100g
- Low is 1.5g saturated fat per 100g

Trans Fats

Low levels of Trans fats are naturally found in some foods – such as those from animals, including meat and dairy products. They can also be found in foods containing hydrogenated vegetable oil.

As with saturated fats, trans fats raise the negative type of blood cholesterol that is causal in cardiovascular disease. Consequently, it is recommended that trans fats should make up no more than 2% of the energy (calories) that the individual gets from their diet.

For adults, this is no more than approximately 5g per day.

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2) Sugar

There are two main types of sugar, ones that are naturally in food, such as fruit and milk, and sugars which are added to food to sweeten them. Consequently, added sugars should not make up more than 10% of the energy that an individual gets from their food and drink each day.

How much sugar should adults have?

This is approximately 70g for men, and 50g for women. However, this will vary depending upon the individual's size, age, and their level of activity.

Product Content

To find out if a food is high or low in sugars, look at the label.

- High is more than 15g sugars per 100g
- Low is 5g sugars or less per 100g

If the amount of sugars per 100g is in between these figures, then that is a medium level of sugars.

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3) Salt

How much salt should adults have?

Adults should eat no more than 6g of salt a day.

How much salt should babies have?

Babies only need a very small amount of salt – less than 1g (0.4g sodium) a day up to 12 months of age.

Their kidneys can't cope with larger amounts of salt

How much salt should children have?

Children under 11 years old should have less salt than adults, because they are smaller.

The daily recommended maximum for children depends on their age:

- 1 to 3 years - 2g salt a day (0.8g sodium)
- 4 to 6 years - 3g salt a day (1.2g sodium)
- 7 to 10 years - 5g salt a day (2g sodium)
- 11 and over - 6g salt a day (2.4g sodium)

Remember these are maximums for children; however, it is better for children to have less.

Product Content

To find out if a food is high or low in salt, look at the label.

- High is more than 1.5g salt per 100g (or 0.6g sodium)
- Low is 0.3g salt or less per 100g (or 0.1g sodium)

End

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