

Which fat should I use?

Fat is important for health but remember not all fats are the same.

Use fats that are high in **unsaturated fat** to keep your heart healthy.

Choose often

- ✓ Mustard oil
- ✓ Canola oil
- ✓ Flaxseed oil
- ✓ Grapeseed oil
- ✓ Avocado oil
- ✓ Olive oil

Avoid or limit fats that are high in **saturated fat** and **trans fats** to reduce your risk of heart disease.

Limit

- ✗ Coconut oil
- ✗ Hard margarine
- ✗ Butter
- ✗ Whipped butter
- ✗ Ghee
- ✗ Palm oil

Tips for cooking with less fat at home

Instead of butter, give flavour to food using ginger, garlic, lemon and lime juice, vinegar, spices, and herbs like fresh cilantro and parsley.

Limit foods with cream, higher fat butter milk and sour cream such as butter chicken, shahi paneer, and dal makhani.

What about coconut oil?

There is **not** enough research to say that coconut oil has health benefits, such as helping with diabetes, digestion, and weight loss.

Use coconut oil less often and for special occasions or baking.