



PRESERVING CARDIOVASCULAR HEALTH

WITH **BALANCED** FAT INTAKES

Dietary fats are not only a major source of energy, they are also involved in the making of many hormones and neurotransmitters, they contribute to the maintenance of a normal cardiovascular system and contain vitamins such as A, D and E. Consequently, both the quantity and the quality of dietary fat are important for a generally healthy diet.

DIFFERENT TYPES OF FATTY ACIDS

SFA

= Saturated Fatty Acids
E.g.: stearic acid, palmitic acid

MUFA

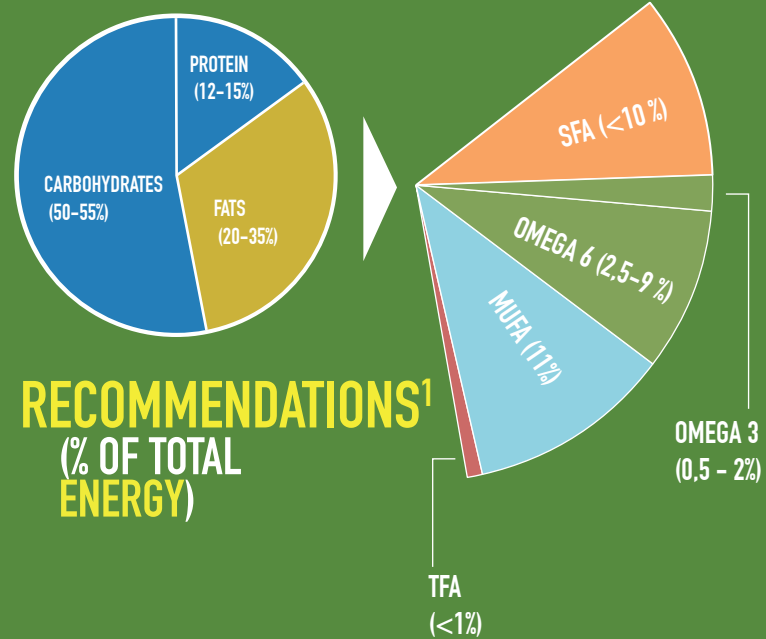
= Mono-Unsaturated Fatty Acids
E.g.: oleic acid

PUFA

= Poly-Unsaturated Fatty Acids
E.g.: omega 3: alpha-linolenic acid (ALA), EPA, DHA; omega 6: linoleic acid (LA)

TFA

= Trans Fatty Acids



WHAT CAN HELP TO REDUCE THE RISK OF CARDIOVASCULAR & CORONARY DISEASE^{2,3}

LDL* ↘

- Replacing SFA with MUFA or PUFA**
- Intake of Omega 6 PUFA

HDL* ↗

- Replacing SFA with Omega 3 PUFA

WHAT CAN CAUSE AN INCREASED RISK OF CARDIOVASCULAR & CORONARY DISEASE^{2,3}

LDL ↗

- Replacing MUFA or PUFA with SFA
- Intake of TFA > 1% Energy

HDL ↘

- Intake of TFA > 1% Energy

Blood cholesterol levels are potential risk factors for cardiovascular diseases. The quantity and type of dietary fat have an impact on blood cholesterol levels. Consequently, the balance between fatty acids is key to preserve cardiovascular health: It is recommended, when possible, to switch from SFA to MUFA and PUFA and to limit TFA intakes¹.

*LDL cholesterol: often called « bad cholesterol »; HDL cholesterol: often called « good cholesterol ».

**Omega 3 and omega 6 PUFA are needed and have beneficial effects. It is important to have a balanced intake of both. Some PUFA (such as omega 3 ALA and omega 6 LA) are called « essential » : they are required for many biological functions but are not -or in insufficient quantities- synthesized by the human body.



WHICH FOODS TO CHOOSE

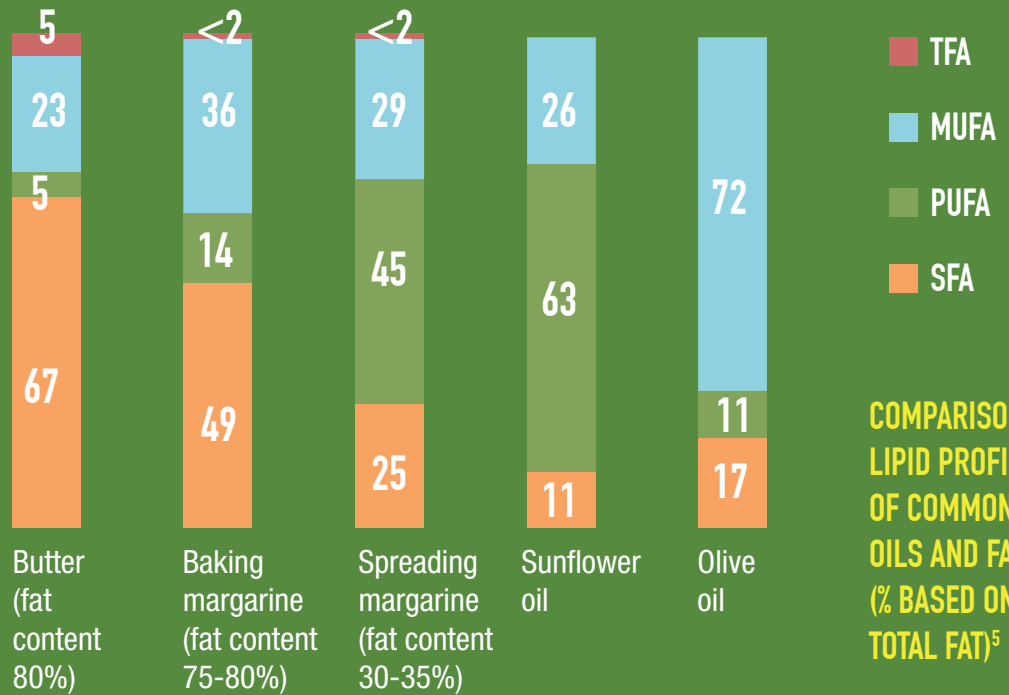


Many consumers remain confused about fats, and tend to control fat intake by cutting off visible fats (such as oils, margarine and butter), while they should also take into account invisible fats (in cheese, snack foods, pastries...). By doing this, they fail to meet the dietary guidelines³.

vegetable oils
CHOOSE soybean-based foods
nuts seeds
UNSATURATED FATS
oily fish soft margarines

whole milk butter
LIMIT fatty cheese fatty beef cuts
sausages cakes
SATURATED FATS
fried foods cream

MARGARINE IS A SMART CHOICE



Choosing plant-based oils and fats, such as soft margarine spreads, and limiting the use of high SFA containing foods, are smart choices that help increase daily PUFA and MUFA intakes, while limiting SFA intakes.

For more detailed information: "Health effects of margarines and fat spreads". ISBN 9789090285962 Contact: imace.ifma@imace.org

¹FAO/WHO (2010) Fats and fatty acids in human nutrition. Report of expert consultation. Rome, Italy.

²Mozaffarian D (2005) Does alpha-linolenic acid intake reduce the risk of coronary heart disease? A review of the evidence. *Altern Ther Health Med* 11: 24-30 ; quiz 31,79.

³Elmadfa I, Kornsteiner M (2009) fats and fatty acids requirements for adults. *Ann Nutr Metab* 55: 56-75. Doi: 10.1159/000228996.

⁴Diekmann C, Malcolm K (2009). Consumer perception and insights on fats and fatty acids: knowledge on the quality of diet fat. *Ann Nutr Metab* 54 Suppl 1: 25-32. Doi: 10.1159/000220824.

⁵For margarines: Scientific report: "Health effects of margarines and fat spreads". ISBN 9789090285962. For olive oil, sunflower oil and butter: USDA National Nutrient Database for Standard Reference, Report 01145.