



Hello, I'm fats.

The Hot Knowledge of Nutrients

Choosing the Right Fatty Acids for Healthier Oil Consumption



An Overview of the Fat Family

Functions of fats



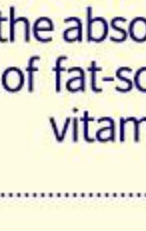
Providing energy



Hormone synthesis



Protecting essential organs

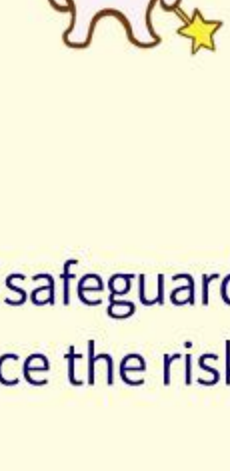


Promoting the absorption of fat-soluble vitamins

Angel fats

Monounsaturated fat

I am your blood lipid 'peacekeeper,' regulating cholesterol levels to maintain healthy blood fats and cardiovascular health.



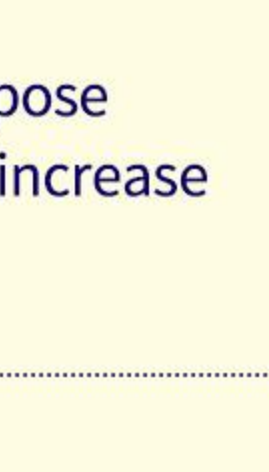
Polyunsaturated fat

Especially omega-3 and omega-6 can safeguard your cardiovascular health and reduce the risk of cognitive decline.

Demon fats

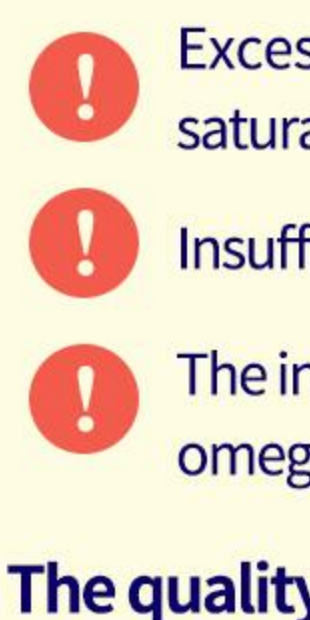
Saturated fat

Excessive intake of saturated fats can raise your cholesterol levels and lead to weight gain.

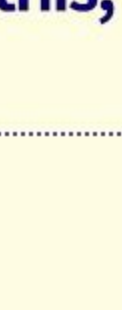


Trans-fat

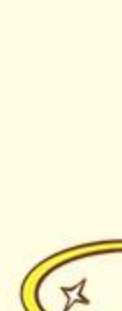
It is hidden in processed foods, which pose significant threats to your health and increase the risk of cardiovascular diseases.



The current diet in Malaysia is alarming, with residents' health raising red flags.



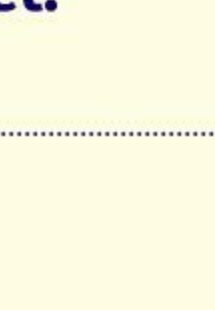
Excessive intake of fats and saturated fats



Insufficient intake of unsaturated fats



The intake ratio of omega-6 to omega-3 unsaturated fats is imbalanced.

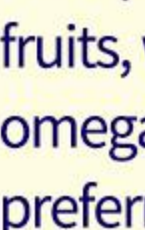


CVD risk

The quality of the fats we consume significantly impacts our health. To improve this, we need to adopt a healthier diet.

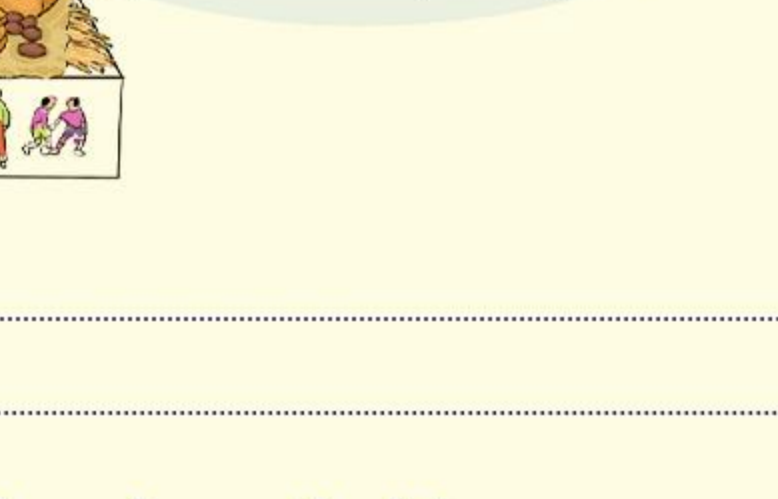
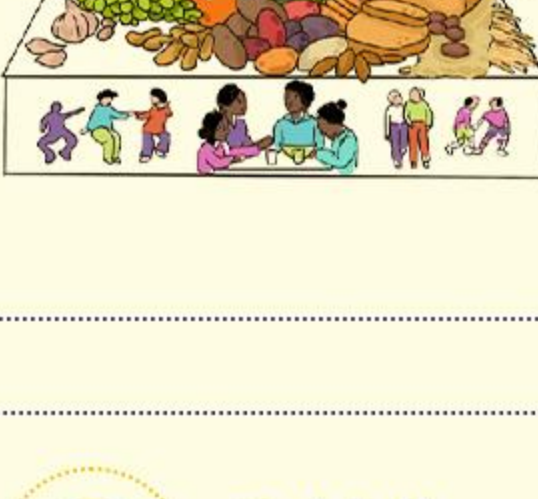


Building a healthy diet inspired by the Mediterranean diet

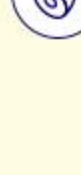


The Mediterranean diet is widely considered as one of the healthiest diet patterns in the world.

It emphasises the consumption of fresh vegetables, fruits, whole grains, nuts, seeds, fish rich in omega-3, and seafood, with olive oil as the preferred cooking oil.



Guidelines for optimising fats intake



Choosing oils: Choose oils with a higher content of unsaturated fatty acids, such as olive oil and chia seed oil.



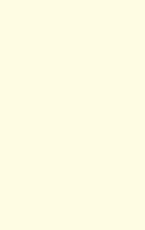
Selecting meat: Increase the intake of fish and seafood, reduce the intake of red meat, and minimize the intake of processed and fried foods.



Supplementing Omega-3: aim for at least 3 to 4 servings of fish per week or consider taking supplements derived from quality fish oils.



Additional supplements: Taking supplements containing lecithin and green tea extracts can help promote fat metabolism, maintain normal cholesterol levels, and support overall health.



Choosing high-quality fats and balancing them properly can make fats a beneficial part of your diet rather than a burden on your health.



“Optimal Health with 7 Key Nutrients”