Healthy fats in the diet

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Dear patient,

There has been a general interest in a healthy diet and a healthy lifestyle in recent years. Every magazine has a section on nutrition, often touting “fantastic” diets that would promote health. These diets often contradict each other and, at worst, the wrong eating habits are taught.

This brochure provides you with guidelines for a generally healthy diet that helps to keep your heart and blood vessels in good condition. This brochure may become your compass to help you navigate through all the (conflicting) information. If you follow these guidelines, you can be sure that you are on the right path.

The dietitians

1. General advice

1. When preparing your food, use only oils and kinds of margarine with a good fatty acid composition. Never let these fats burn!
2. Animal products are a source of saturated fats, which is why lean products are preferred (cheese, milk, meat, etc.).
3. Limit your consumption of meat. It is recommended to replace meat with fish at least twice a week.
4. Be moderate with sugar and salt.
5. Eat a generous portion of fruit and vegetables every day.
6. Have a handful of unsalted nuts every day.
7. Drink enough water.
8. Use fresh products as much as possible, and your own homemade meals are preferred.
9. Control your body weight.

2. Outline of foods

Bread and cereal products

ALLOWED	AVOID
• brown, wholemeal and multigrain bread, brown rolls and multigrain baguettes • white bread, rusks, rolls, baguettes • cereals and muesli • biscuits: madeira, boudoir, merengue • homemade biscuits, pastries, pancakes and waffles with permitted fats • gingerbread	• milk bread, sugar loaf, raisin bread • butter biscuits, chocolate biscuits, croissants, sandwiches • breakfast cereals with chocolate • pastries and cakes • pancakes and waffles • savoury biscuits

Potatoes, pasta and binders

ALLOWED	AVOID
• boiled or steamed potatoes • mashed potatoes made with skimmed or semi-skimmed milk and permitted fat • gratin dauphinois made with soy cream • chips or potatoes fried in the permitted oils, once a week at most • whole grain rice or white rice • whole wheat pasta or plain pasta • couscous, bulgur, quinoa, wheat grains • vermicelli, tapioca, flour, corn starch, oatmeal, vanilla flour, semolina	• ready-made potato preparation • gratin dauphinois made with plain cream • pre-fried chips, croquettes, etc. • crisps • ready-made preparations with pasta or rice • pizza

Cereal products and potatoes are the main energy source for the body. The golden rule for cereal products is to choose wholegrain variants. After all, these contain fibres that are necessary for a feeling of fullness after meals and regular bowel movements. Fibre also reduces cholesterol absorption from food.

Soups

ALLOWED	AVOID
• homemade low-fat vegetable soup	• canned or packaged soups, frozen soups

Degrease a homemade broth by letting it cool and then skim off the solidified fat.

Vegetables

ALLOWED	AVOID
• all fresh vegetables (either raw or stewed in the permitted fats) • unprepared frozen vegetables • unprepared canned vegetables (less frequent)	• prepared canned and frozen vegetables: e.g. spinach with cream sauce

Vegetables provide fibre, moisture, vitamins, minerals and antioxidants. Eating two servings of vegetables daily (300 g in total) is recommended. Vary as much as possible between different types.

Fruit

ALLOWED	AVOID
• all fresh fruit • all canned fruit • candied and dried fruit • seeds and kernels • nuts, except for the types not recommended ->	• coconut and appetiser nuts

Like vegetables, fruit provides fibre, moisture, vitamins, minerals and antioxidants. Two to three pieces of fruit a day is the guideline. It is important to vary fruits as much as possible and spread them throughout the day. The new recommendations recommend having 30 grams of nuts a day.

Cheese

ALLOWED	AVOID
• low-fat cheese spreads and processed cheeses (20+/30+) • low-fat fromage frais • low-fat cottage cheese with or without fruit, sugar, herbs, etc. • low-fat hard cheeses and low-fat soft cheeses (20+/30+) • low-fat grated cheese	• high-fat cheeses (>30+): • all cream cheeses • appetiser cheeses

The fat content of cheese is indicated by a number and a plus sign (e.g. 20+). This means that the percentage of fat is indicated per 100 g of dry matter and not per 100 g of cheese! To know the approximate fat content per 100g of cheese, divide the number before the plus sign by 2, (e.g. 20+ cheese contains about 10 g of fat per 100 g of cheese).

Milk and milk products

ALLOWED	AVOID
• skimmed and semi-skimmed milk • skimmed and semi-skimmed chocolate milk • buttermilk and buttermilk drinks • soy drink, soy yoghurt, soy pudding, soy cream • low-fat or half-fat yoghurt with or without fruit • pudding made from skimmed or semi-skimmed milk	• whole milk • cream and whipped cream • condensed milk • coffee cream • full-fat yoghurt

Milk/milk products are excellent sources of calcium and proteins. That's why they are indispensable in a balanced diet. However, they do contain saturated fats. So choose mainly skimmed/low-fat or semi-skimmed/half-fat types and use soy products too.

Meat and meat products

ALLOWED	AVOID
• lean meats: beef (steak, roast beef, hamburger, etc.), horse meat, veal, pork (roast pork, pork tenderloin, pork chop), lamb • tongue • poultry without the skin • game • unprepared lean frozen meat • lean meats: sliced turkey, sliced chicken, defatted ham, filet de Saxe, filet d'Anvers, filet de York, plain filet américain, etc. • homemade meat salads based on lean meats	• fatty meats: all minced meat preparations, sausages, bone marrow, mutton and lamb, cordon bleu, schnitzel, prepared hamburgers • all preserved meats: Viennese sausages, corned beef, etc. • offal: kidney, liver, udder, fatty intestines, brain • fatty meats: salami, paté, sausages, prepared meats, meat salad, shoulder ham, etc.

Meat often contains a lot of saturated fats. So limit your portion of meat and opt for lean varieties.

Meat substitutes

ALLOWED	AVOID
• plain quorn (fillet, cubes, mince), tofu, tempeh, seitan, etc.	• all preparations, e.g.: spring rolls, breaded schnitzels, burgers, etc.

Eggs

ALLOWED	AVOID
• limited amounts	

Recent research shows that the fat in egg yolks does not increase cholesterol levels.

Fish and fish preparations

ALLOWED	AVOID
• all fresh fish (lean + oily) • canned fish in its own liquid, in oil (drain the oil) or in tomato sauce • smoked fish • mussels, oysters, crab, lobster, shrimps, langoustines, scampi, scallops • homemade fish salads	• prepared frozen fish: e.g. fish stews, shrimp croquettes, fish fingers

Fish is rich in unsaturated fatty acids. Unsaturated fatty acids have a cholesterol-lowering effect. Fish is also the main source of omega-3 fatty acids. Omega-3 fatty acids are important for the proper functioning of the heart and blood vessels. So replace meat with fish two to three times a week. Alternate between oily and lean fish.

Fats and sauces

ALLOWED	AVOID
• spreading fats with saturated fat content <10g/100g • liquid baking/frying fats: do not overheat! • oil: - preferably olive oil, peanut oil rapeseed oil, nut oils (only for cold preparations) - to a lesser extent: corn oil, safflower oil, sunflower seed oil • mayonnaise, dressings and salad dressings, vinaigrette sauce: to be used in moderation • frying oil (replace after using at most eight times)	• butter: farm butter as well as dairy butter • all ordinary kinds of margarine with a saturated fatty acid content of >10/100g • light butter • lard, suet • oil types: palm kernel oil, coconut oil • sauces: - all hot sauces based on eggs and butter e.g. hollandaise, béarnaise, etc. - pan drippings after roasting meat/fish • all solid frying fats

Bad fats, especially saturated fats, increase cholesterol in the blood and that cholesterol causes build-up in the blood vessel walls. So it is best to choose fats with the lowest possible content of saturated fatty acids.

Confectionery

ALLOWED	AVOID
• sugar, honey, jelly, jam, chocolate spread without palm fat, peanut butter from 100% peanuts and other nut butters • chewing gum, gummies, popcorn, etc. • dark chocolate and dark chocolate with nuts: in moderation • sorbet, popsicles, soy ice cream, yoghurt ice cream	• chocolate spread, speculoos spread, peanut butter • milk chocolate and white chocolate, pralines • ice cream

Too much sugar leads to cavities in our teeth, but can also be converted into fat and lead to excess weight. Our diet contains too many added sugars, which are of no benefit from a nutritional point of view. According to the WHO recently, the amount may not exceed 25 g per day.

Drinks

ALLOWED	AVOID
• all beverages except the types to be avoided • alcoholic beverages according to doctor's prescription	• all alcoholic beverages based on cream: egg liqueur, Irish coffee, sabayon, Baileys, etc.

Our body needs about 1.5 L of fluid every day under normal conditions. Water is absolutely preferred. So make it a habit to drink enough throughout the day.

Miscellaneous

ALLOWED	AVOID
• all herbs and spices • mustard, ketchup, piccalilli	

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