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Global Academy of
Agriculture and Food Systems

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Innovation
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Fats



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Myths

- Fat makes you fat
- Fat is bad for you



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Dietary fat (lipid) has many important functions

- Provide energy
- Provide raw materials
- Have a nice mouthfeel
- Absorption of fat-soluble vitamins
- Dense energy for small tummies



Fat stored in the body also has many important functions

- Efficient storage of energy
- Insulation
- Protection, cushion organs
- Cell membrane components



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Fats are found in all kinds of foods



- Beef, pork, lamb
- Poultry
- Milk, cheese, ice cream, yoghurt
- Butter, ghee, lard
- Eggs
- Baked goods
- Nuts
- Oils
- Avocados



At room temperature...



Saturated fats tend to be **solid**

Unsaturated fats tend to be **liquid**



Photos by [Jason Leung](#), [Irene Kredenets](#), [Wright Brand Bacon](#), [Sorin Gheorghita](#), [Thought Catalog](#), [Avinash Kumar](#), [Roberta Sorge](#)



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Essential fatty acids: Omega-3s

- Omega-3 fatty acids are important for brain, eye, and heart function.
- Food sources include:
 - Fatty fish
 - Ground flaxseed, flaxseed oil
 - Walnuts

Source: [UC Davis Nutrition Outreach](#)

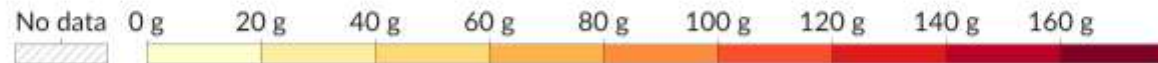
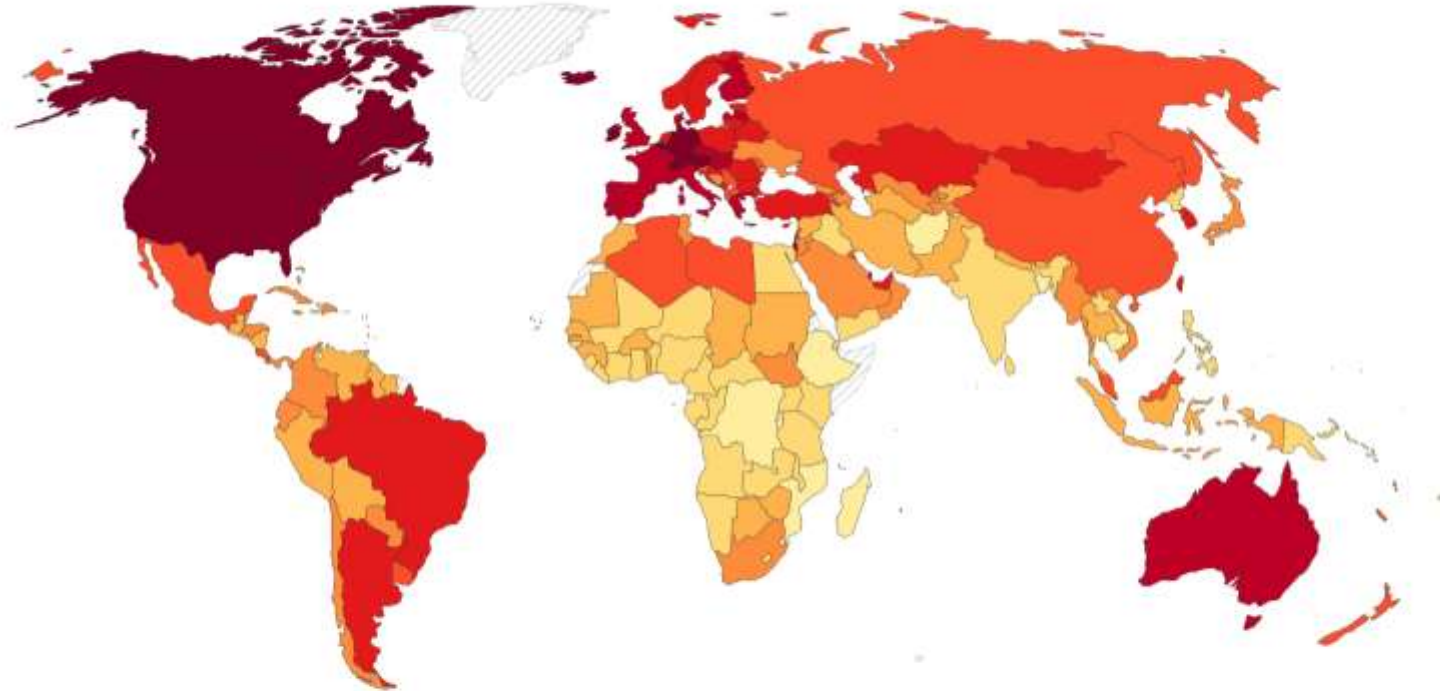


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Daily per capita fat supply, 2020

Average daily per capita dietary fat supply, measured in grams per person per day.



Data source: Food and Agriculture Organization of the United Nations

OurWorldInData.org/food-supply | CC BY

Note: Data measures the fat availability delivered to households but does not necessarily indicate the quantity of fat actually consumed (food may be wasted at the consumer level).



General guidelines for public health



Photo by Patrick on Pexels

Fat should be about 20% - 35% of daily energy intake. Of this amount:

1. Saturated fat should be limited to about 7% to 10% of daily energy intake.
2. Consume about 0.5 grams of Omega-3 fatty acids per day
3. Reach for food sources of unsaturated fat to comprise most of your fat intake



Data resources

- Facts about Fat – [NHS](#)
- Fats explained – [British Heart Foundation](#)
- Omega-3 Fatty Acids – [Fact Sheet for Consumers](#)



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Thank you

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