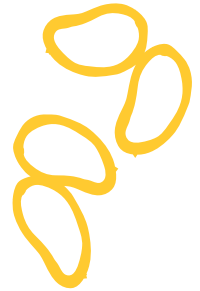


Fats

Unsaturated

Monosaturated

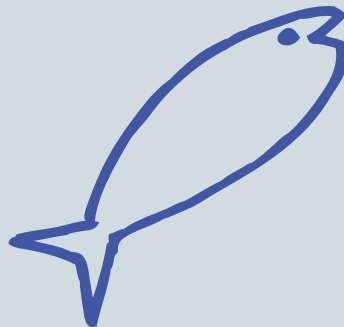
- Olive oil and rapeseed oil and spreads made from these oils
- Avocados
- Some nuts (almonds, brazils, and peanuts)



Polyunsaturated

Omega-3

- Kippers
- Herring
- Trout
- Sardines
- Salmon
- Mackerel

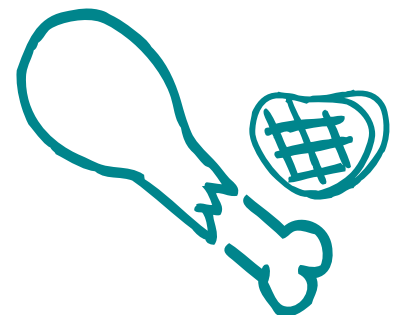


Omega-6

- Rapeseed
- Corn
- Sunflower
- Some nuts

Saturated

- Fatty cuts of meat
- Meat products, including sausages and pies
- Butter, ghee, and lard
- Cheese, especially hard cheese like cheddar
- Cream, soured cream and ice cream
- Some savoury snacks, like cheese crackers and some popcorns
- Chocolate confectionery
- Biscuits, cakes, and pastries
- Palm oil
- Coconut oil and coconut cream



Trans-fats

- Meat and dairy (natural, low levels)
- Partially hydrogenated vegetable oil