

Fat Intake: Reality vs. Goal

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Actual Fat Intake

- Data Assessment of fat intake for 28 countries (Elmadfa; Annals of Nutr.& Metab 2009)
- 20 countries had SFA of 10 – 25.4% of energy – *Too much*
- 21 countries had [SFA/(MUFA+PUFA)] >.05 – *Too high*
- 14 countries had LA & ALA data and 9 did not meet WHO/FAO 5 – 8% of energy intake recommendation – *Too Low*

Actual Fat Intake Sample 2

- 30 country survey data – intake from 25.3% - 46.2% of energy (article submitted to EJCN) – *Too Much*
- 21 countries SFA >10% of energy – **Too High**
- More than ½ had PUFA < 6% of energy – **Too Low**
- Developing countries in Asia, Africa, South America trends are less clear

Tips from the Registered Dietitian

- Monitor fat intake – use more plant than animal fats
- Understand saturated fats (animal), trans fats (partially hydrogenated) and unsaturated fats (oils and margarines made from oils)
- How to switch fats in cooking
- Choose oils and some margarines for cooking, margarine for baking, soft margarine for spreading