

NUTRITION SNACKS DIETARY FATS

There's a lot of confusion from our members around fats as not all fats are equal. Unsaturated fats are considered 'healthy' fats because they help to keep cholesterol levels in the healthy range and are great for our skin, eyes, and brain. Therefore, they should be eaten as part of a balanced diet¹.

However saturated and trans fats are not so healthy because they can raise our blood cholesterol levels which is one of the risk factors for heart disease. Therefore, it's recommended to keep these fats to a minimum¹.

DIETARY FAT AND WEIGHT LOSS

When you eat too many kilojoules and don't burn them off, you'll gain weight and that is true whether these kilojoules come from fat, carbs or protein. The challenge with fats is they contain about twice as many kilojoules per gram than carbohydrates or protein meaning they are a very concentrated form of energy making it easier to overdo it.

When losing weight, it is important to balance the foods we eat so we can get all the nutrients we need while keeping overall kilojoules down. And if you eat a lot of fat, it won't leave much room for other important nutrients like protein or carbohydrates. For this reason, the Dietary Guidelines recommend keeping saturated fats to a minimum and only including small amounts of the healthy fats¹.

SATURATED FATS AND THE JENNY CRAIG PROGRAM

To keep saturated fat intake down, members should choose lean meats, reduced or low fat dairy, and using table spreads that list trans-fat as < 0.1 g per 100g when using as a fat serve.

Many cakes, pastries and biscuits contain saturated and trans-fat. The Jenny Craig program includes these snacks on the menu. And while they will contain some saturated fats, we work closely with our suppliers to make sure we keep them within the limit of less than 10% of energy for the overall menu. For example, the Jenny Craig Pie has 50% less saturated fat than a standard frozen pie. It's our way of showing members how all foods can be included in a balanced, portion controlled way.

NOTE

You don't need to worry about the trans fat in Jenny Craig foods as we keep saturated fat to <10% of energy which keeps trans fat within a safe range.

REFERENCES

1 Department of Health and Ageing, 2006. Eat for Health: Australian Dietary Guidelines, https://www.eatforhealth.gov.au/sites/default/files/content/n55_australian_dietary_guidelines.pdf

2 National Health and Medical Research Council, 2006. Nutrient Reference Values, <https://www.nrv.gov.au/>