



**pro-activ**  
ACTIVELY LOWERS  
cholesterol



# FAT SWAPS

- For heart health, it is important to choose the right types of fat in your diet
- Experts recommend swapping foods high in **BAD FATS** (saturated) with foods high in **GOOD FATS** (monounsaturated and particularly polyunsaturated)
- This wheel can help you make heart healthy swaps
- For more information on healthy recipes, diet and lifestyle, please visit [www.floraproactiv.co.uk](http://www.floraproactiv.co.uk) or [www.floraheartage.com](http://www.floraheartage.com)

## SWAP YOUR BAD FATS FOR GOOD FATS

BAD FATS	GOOD FATS	BAD FATS	GOOD FATS
 <p><b>BEEF PIE</b> SERVING SIZE: 200g BAD FATS: 17g GOOD FATS: 22g</p>	 <p><b>LEAN COTTAGE PIE</b> SERVING SIZE: 321g BAD FATS: 6.2g GOOD FATS: 15.4g</p>	 <p><b>BLT SANDWICH</b> SERVING SIZE: 234g BAD FATS: 11.5g GOOD FATS: 32.2g</p>	 <p><b>FLORA PRO.ACTIV LIGHT HAM &amp; SALAD SANDWICH</b> SERVING SIZE: 184g+10g (spread) BAD FATS: 2.5g GOOD FATS: 6.9g</p>
 <p><b>CRISPS</b> SERVING SIZE: 28g (small bag) BAD FATS: 3.9g GOOD FATS: 5.2g</p>	 <p><b>TORTILLA CHIPS</b> SERVING SIZE: 28g (small bag) BAD FATS: 1.1g GOOD FATS: 4.9g</p>	 <p><b>PLAIN DIGESTIVE BISCUITS</b> SERVING SIZE: 30g (2 biscuits) BAD FATS: 2.7g GOOD FATS: 3.1g</p>	 <p><b>FLAPJACK</b> SERVING SIZE: 76g (average slice) BAD FATS: 1.8g GOOD FATS: 7g</p>
 <p><b>CHICKEN CAESAR SALAD</b> SERVING SIZE: 229g BAD FATS: 4.6g GOOD FATS: 3.4g</p>	 <p><b>CHICKEN SALAD WITH OIL &amp; VINEGAR</b> SERVING SIZE: 190g BAD FATS: 3g GOOD FATS: 14.1g</p>	 <p><b>VICTORIA SPONGE CAKE</b> SERVING SIZE: 60g (1 slice) BAD FATS: 8.0g GOOD FATS: 4.7g</p>	 <p><b>FLORA PRO.ACTIV BUTTERY &amp; MALT LOAF</b> SERVING SIZE: 35g (1 slice)+5g (spread) BAD FATS: 0.6g GOOD FATS: 2g</p>
 <p><b>ROAST BEEF</b> SERVING SIZE: 90g BAD FATS: 4.7g GOOD FATS: 5.6g</p>	 <p><b>ROAST CHICKEN</b> SERVING SIZE: 100g BAD FATS: 2.1g GOOD FATS: 4.9g</p>	 <p><b>MILK CHOCOLATE</b> SERVING SIZE: 54g (1 snack bar) BAD FATS: 9.9g GOOD FATS: 5.9g</p>	 <p><b>MILK CHOCOLATE COATED PEANUTS</b> SERVING SIZE: 47g BAD FATS: 6.3g GOOD FATS: 11g</p>
 <p><b>CHICKEN TIKKA MASALA CURRY &amp; PILAU RICE</b> SERVING SIZE: 260g+180g (rice) BAD FATS: 14g GOOD FATS: 19.9g</p>	 <p><b>TANDOORI CHICKEN &amp; WHOLEGRAIN RICE</b> SERVING SIZE: 260g+180g (rice) BAD FATS: 9.1g GOOD FATS: 19.4g</p>	 <p><b>BLUEBERRY MUFFIN</b> SERVING SIZE: 85g (1 muffin) BAD FATS: 10.2g GOOD FATS: 5.6g</p>	 <p><b>PORRIDGE</b> SERVING SIZE: 210g (1 bowl) BAD FATS: 0.4g GOOD FATS: 0.6g</p>
 <p><b>SPAGHETTI BOLOGNESE</b> SERVING SIZE: 170g+75g (dry spag) BAD FATS: 7.2g GOOD FATS: 11.4g</p>	 <p><b>TURKEY MEATBALLS &amp; SPAGHETTI</b> SERVING SIZE: 170g+75g (dry spag) BAD FATS: 0.9g GOOD FATS: 2.8g</p>	 <p><b>FULL FAT MILK &amp; CEREAL</b> SERVING SIZE: 250g+30g (milk) BAD FATS: 6.3g GOOD FATS: 3.1g</p>	 <p><b>FLORA PRO.ACTIV MILK &amp; CEREAL</b> SERVING SIZE: 250g+30g (milk) BAD FATS: 0.4g GOOD FATS: 0.6g</p>
 <p><b>DEEP FRIED COD &amp; CHIPS</b> SERVING SIZE: 180g+200g (chips) BAD FATS: 16.5g GOOD FATS: 33.2g</p>	 <p><b>GRILLED COD &amp; POTATO WEDGES</b> SERVING SIZE: 120g+200g (wedges) BAD FATS: 1.9g GOOD FATS: 8.9g</p>	 <p><b>1 WHITE TOAST &amp; BUTTER</b> SERVING SIZE: 27g+10g (butter) BAD FATS: 5.3g GOOD FATS: 2.7g</p>	 <p><b>1 BROWN TOAST &amp; FLORA PRO.ACTIV BUTTERY</b> SERVING SIZE: 31g+10g (spread) BAD FATS: 1.1g GOOD FATS: 3g</p>
 <p><b>BEEF STEW WITH DUMPLINGS</b> SERVING SIZE: 300g BAD FATS: 9.6g GOOD FATS: 9.9g</p>	 <p><b>VEGETABLE &amp; BEAN CASSEROLE</b> SERVING SIZE: 485g BAD FATS: 2.1g GOOD FATS: 4g</p>	 <p><b>FRIED EGG</b> SERVING SIZE: 60g (1 medium egg) BAD FATS: 2.4g GOOD FATS: 4.5g</p>	 <p><b>BOILED EGG</b> SERVING SIZE: 50g (1 medium egg) BAD FATS: 1.6g GOOD FATS: 3g</p>