

Korrekturhinweise

Healthy and unhealthy fats

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Justifications

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The speaker says: "Now with me is Dr. Sarah Schenker, our health and nutrition expert. Now Sarah you have got your 12 week weight loss healthy living plan going through." The show's guest is therefore talking about a diet programme.

1

The speaker says: "Now you are concentrating on fat this week, aren't you, and I don't mean mine." This week's programme is therefore on fats.

2

The female speaker says: "[...] some are considered unhealthy, some are considered healthy. When it comes to calorie content, they are equal." Unhealthy and healthy fats therefore count the same with regards to weight.

3

The female speaker says: "But you need to think about things like olive oil. We know it's good for us. But if you are really splashing it on all your salads, on all your vegetables, and using an awful lot of it in stir fries, then it's going to bump up the calories." People using too much healthy oil in their food therefore risk putting on weight.

4

The female speaker says: "I mean for people that don't need to lose any weight, then they obviously can incorporate more of the healthy fats into their diet." If you are not on a diet you can therefore use larger quantities of olive oil.

5

The female speaker says: "The trans fatty acids are considered the real deadly fats. They are the ones that if you are going to eliminate anything at all from your diet, you should be eliminating trans fatty acids." There is one harmful type of fat you should therefore try not to eat.

6

The male speaker says: "And what are they? I mean I don't mean technically, but how do I recognise it when it passes me?" The female speaker answers: "Well it's quite complicated. Unfortunately we don't have very good labelling guidelines for trans fatty acids at the moment, although I think that they could well be introduced in the future. At the moment you need to scan the ingredients list." Therefore if you want to know a product's trans-fat content, read the label.

7

The female speaker says: "It clogs up your arteries. Not only that, we also know that they cause inflammation, which is part of the whole heart disease process, and they are also linked to increased risk of diabetes, which obviously goes hand in hand." The wrong kind of fat may therefore bring on illnesses.

8

The female speaker says: "Where the manufacturers can sometimes be a bit naughty is when they start claiming per cent lower in fat or only 85 per cent fat free, or something like this. That's when you have to do a little bit of mathematics. [...] we have all sorts of different ways of labelling foods." The male speaker remarks: "Very confusing." The female speaker answers: "That's right and that's the problem." The way ingredients are listed on products is therefore not straightforward.