In the past fat has been demonised and seen to be the cause of some many illnesses and conditions. However, fat is an essential part of our diets and is required to support many bodily functions, most importantly to maintain the integrity of our cell walls and absorb vitamins. The general rule of thumb is that we should be looking to consume between 20%-35% of our total daily calories in fat.

The bulk of the fats we consume should come from:

Mono-unsaturates – olive oil, rapeseed oil, avocado and some nuts, such as almonds, brazils and peanuts.

Saturates– dairy, eggs, meat (particularly fattier cuts and things such as sausages)

Poly-unsaturates – vegetable oil, sunflower oil, nuts and seeds (omega 6) and oily fish such as salmon or mackerel (omega 3) as well as vegan supplements.

We should aim to get the most from Monounsaturates (13%), then saturates (11%) and the polyunsaturates (6.5%). This is due to different roles that each play in the management of HDL and LDL cholesterol levels and how that then affects your risk of cardiovascular disease.

So what fats are considered unhealthy? It is believed that trans fats, found mainly in processed foods are those that are most detrimental and should be eaten in small amounts. That's not to say they shouldn't be consumed at all though.

A diet that is based around whole, unprocessed foods and includes plenty of fruit, vegetables and lean protein sources is optimal for health but the occasional take away, chocolate bar or biscuit is good for the soul!