

**What is the right amount of healthy fats one should eat?**

- Eat cold compressed vegetable /seed oils (Sesame, Mustard, Coconut and Extra virgin olive oil Up to 25- 30 gm (5-6 teaspoonful)/ day. The nutritional value of sesame and olive oil are not very different, and most olive oil sold in India is heavily contaminated with refined vegetable oils.
- Saturated Fats such as Ghee and Butter- Up to 10 Gm/day( 2 teaspoons).

***Note: The total amount of fat consumed should be lower in obese individuals - 20-25 gm (4-5 teaspoons)/day).***