



Fat with Conscience

OBJECTIVE

Learn to distinguish **types of fat**, understand their **origin** and **environmental impact**, and experiment with **smart substitutions** that promote health, well-being, and sustainability.

YOUR MISSION

Observe the fats you consume habitually and test **a conscious change** for **a week**.

Step 1 — Identify fats

Choose **three high-fat foods** that you consume regularly:

1. _____
2. _____
3. _____



Step 2 – Analyse each food

For each one, it identifies:

Food	Type of fat	Origin	Environmental impact
	☐ saturated ☐ monounsaturated ☐ polyunsaturated	☐ animal ☐ vegetable	☐ low ☐ médium ☐ high
	☐ saturated ☐ monounsaturated ☐ polyunsaturated	☐ animal ☐ vegetable	☐ low ☐ médium ☐ high
	☐ saturated ☐ monounsaturated ☐ polyunsaturated	☐ animal ☐ vegetable	☐ low ☐ médium ☐ high

Step 3 - Smart Replacement

Choose a healthier, more sustainable **replacement**:

- Food to be replaced: _____
- New Choice: _____

Why is it a better option?

(e.g. butter → olive oil; fried snacks → nuts; industrial sauces → olive oil + lemon)



Step 4 — Try it for a week

Implement this replacement for **7 days**.

In the end, he observes:

- How did you feel in terms of energy and satiety?

- Have you noticed differences in digestion or general well-being?

FINAL REFLECTION

What has changed in your way of thinking about the use of **fats** in your daily diet?

FOODWISELAB TIP

Fat is part of a balanced diet. What matters is **the type, the quantity and the context** — in the Mediterranean standard, **olive oil** is the main choice.