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“Celebrity Chefs could do better” says The Fat Panel

We are being fed dishes full of saturated fat by celebrity chefs, according to a new report from The Fat Panel.

The report analysed the saturated fat content of a variety of starters, main courses, side orders and desserts from popular cook books and discovered that many celebrity chefs' recipes contained more than 100% of the Guideline Daily Amount (GDA) of saturated fat (30g for men and 20g for women) in a single serving. Whilst this would be acceptable if they were consumed occasionally or as a treat, few people realise the potential health risks of eating these meals often. With pressure on for more people to cook from scratch at home, it is important for people to understand how these recipes can be easily and simply adapted so they can still cook them and enjoy them but also make them more healthy.

The report goes on to show how some simple swaps and switches can make a dramatic difference to saturated fat content, without affecting the flavour and food experience. For instance, simply swapping butter and cream for margarine or a vegetable oil based spread and yoghurt in one recipe – Baked Apples by John Burton Race and Allegra Hicks - would reduce the saturated fat content by 83%, from 120% of a woman's GDA of saturated fat (24g) to just 20% (24g down to 4g of saturated fat).

Sian Porter, registered dietician on The Fat Panel says, “Having a celeb chef treat is one thing but eating these dishes as they stand regularly could bump up your saturated fat intake considerably. Many chefs are making headway in creating healthier dishes, but there is still some way to go. On average, we are each eating 20% too much saturated fat and there is considerable evidence that eating too much of this ‘bad’ fat can increase levels of LDL cholesterol, which can increase the risk of coronary artery disease. Simple steps to cut down on the amount of saturated fat, such as adapting recipes by swapping

less healthy ingredients and using healthier cooking methods, could potentially save thousands of lives and years of living with heart disease.”

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Notes to editors

The Fat Panel is an independent group of experts who formed in order to dispel the many myths and misconceptions surrounding dietary fat.



Dr Sarah Berry BSc MSc PhD RNutr

Dr Berry is a registered nutritionist, working at Kings College, and her specialist area of knowledge and research is lipid metabolism and coronary heart disease risk.



Sian Porter MSc BSc(HONS) RD MBDA

Sian is a state registered dietician and holds an MSc in Health Economics.



Dr Paul Stillman MB ChB DRCOG PGCHE

Dr Stillman is in general practice in Crawley, Sussex and is a general practice trainer with the British Postgraduate Medical Federation.



Dr Pamela Mason, PhD, MSc, MRPharmS

Dr Mason is a nutritionist and pharmacist.



Dr Chris Steele MB, ChB

Dr Steele is a general practitioner and is the regular 'doc' on ITV's 'This Morning' show. He is Health Journalist of the Year.



Dr Amanda Kirby MBBS MRCGP MFFP

Dr Kirby is a GP in Cardiff, with specific experience in community paediatrics.



Professor Bruce A. Griffin BSc PhD RPHNutr

Professor Griffin is Professor of Human Nutritional Metabolism at the University of Surrey.



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