



NEW EDUCATIONAL MAGAZINE 'FAT MATTERS' LAUNCHED BY THE FAT PANEL

A new educational magazine has been launched today by The Fat Panel. 'Fat Matters' aims to educate the public about all aspects of dietary fat, ranging from what a fat is to advice on the various types of dietary fat we need to include in our diets.

The Fat Panel is an independent group of experts who formed in order to dispel the many myths and misconceptions surrounding dietary fat. In the first issue of 'Fat Matters', members of the panel investigate a wide range of topics including 'Sorting your MUFAs from your PUFAs' a detailed look at mono and poly unsaturated fats, 'Fats and fertility' and how 'Switching fats can boost health'.

Available on application from The Fat Panel (contact address above) and online at www.TheFatPanel.org.uk, the first issue of Fat matters will prove a valuable tool to many members of the public.

Fat Panel member Dr Pamela Mason comments "Many people in the UK are unsure on their facts on fat and which foods are healthier from a fat perspective than others. We felt that producing an educational magazine will be able help and educate. In addition, our website www.TheFatPanel.org.uk has a wide range of resources that members of the public can access. We all need to eat some fat as part of a balanced diet, but need to ensure we are making informed and healthy choices when it comes to which fats."

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Notes to editors



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 BSc MSc RD

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.



Dr Bruce A. Griffin BSc PhD RPHNutr

Dr Griffin is a senior academic and research scientist in Nutritional Metabolism at the University of Surrey



Dr Anne M Minihane

Dr Minihane is a Reader in Integrative Nutrition at the University of Reading

www.TheFatPanel.org.uk

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