

FAT BY NUMBERS

A snapshot of fat in our lives

ENERGY CONTENT OF DIFFERENT SUBSTANCES

CARBOHYDRATE



PROTEIN



ALCOHOL

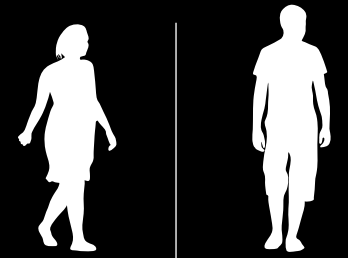


FAT

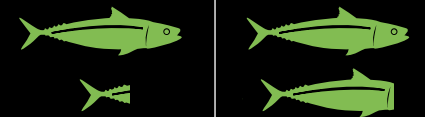


● 1 kJ per gram.

FOOD THAT SUPPLIES DAILY LIMIT OF SATURATED FAT FOR WOMEN AND MEN



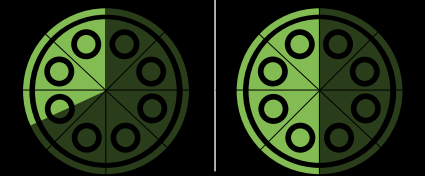
MACKEREL



... OR LARGE LATTE

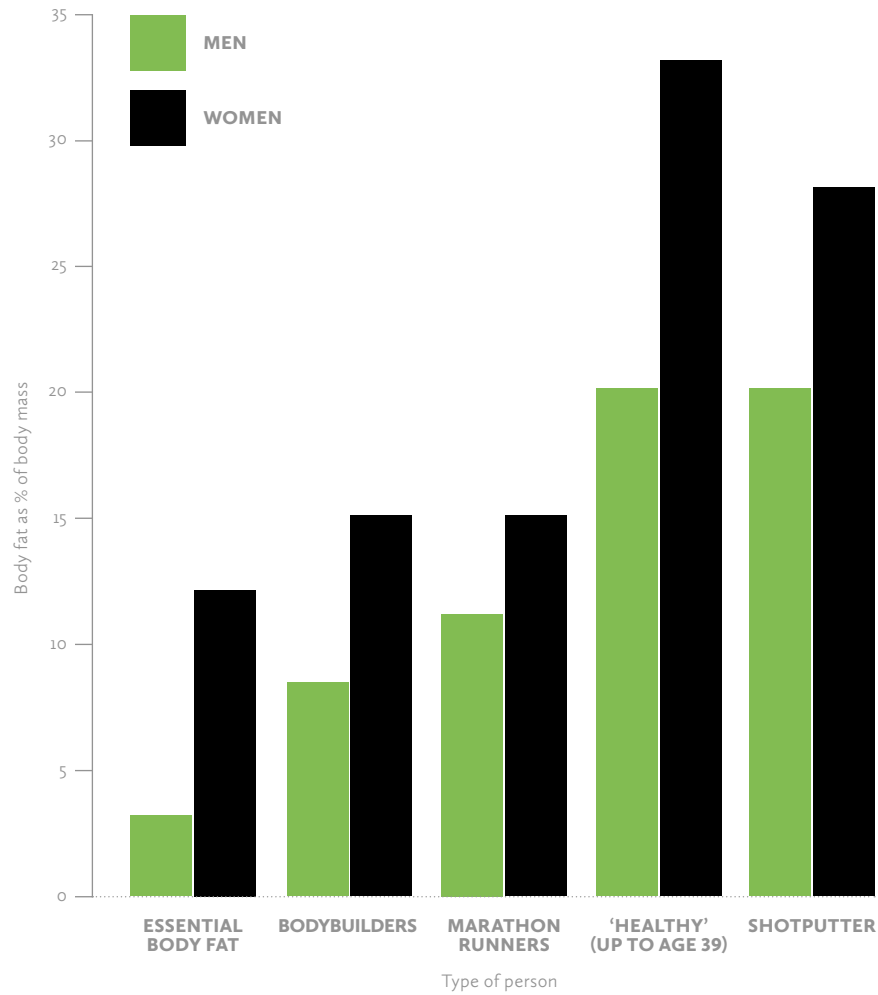


... OR MEAT FEAST PIZZA



Daily limit for women is 20 g, for men 30 g.

UPPER LIMIT OF BODY FAT RANGE



MASS OF FAT

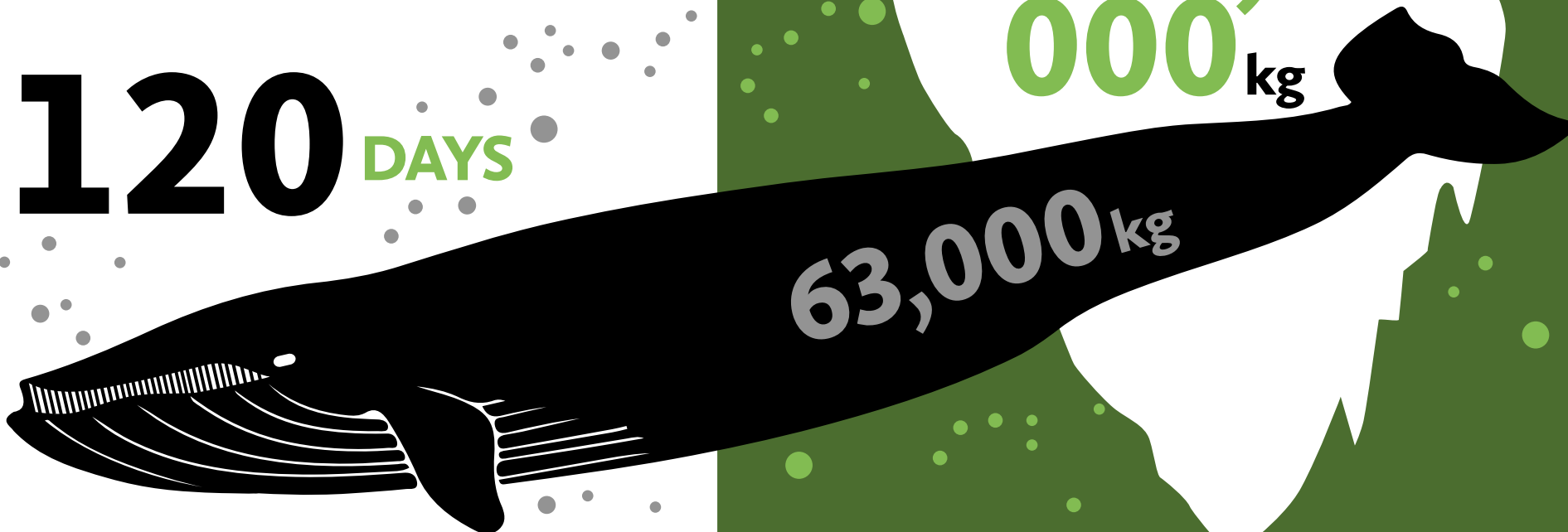
LARGEST LONDON SEWER FATBERG

15,000 kg

63,000 kg

LENGTH OF TIME A BLUE WHALE CAN LIVE OFF ITS FAT RESERVES

120 DAYS



FINDING DATA

Putting this diagram together, we found that different sources gave different numbers for the same thing. Why don't they match?

Well, data can be interpreted in different ways, and estimates can be made using different methods and different baseline data. Definitions matter, too – different sources might define 'healthy' or 'fat' differently.

Which should you choose? The source itself is important – is it from a primary or a secondary source? Is it reliable? Is it recent? Is it from a biased or an impartial organisation? Do your sources agree?

For sources and discussion questions, see bigpictureeducation.com/fat-infographic