

## Low fat diet

### What is dietary fat?

Fat is a major source of fuel for the body. It provides our body with important vitamins and essential fatty acids. Fat is usually important as part of a general healthy diet.

### Why start a low fat diet?

Your doctor may recommend a low fat diet if you are having trouble digesting or absorbing fat or have gallstones or pancreatitis. You can reduce the amount of fat you eat by avoiding high fat foods and choosing lower fat options. It is still important to enjoy a wide variety of nutritious foods from each of the food groups.

### Which foods are high in fat?

- Butter, margarine, cream and oils
- Fried foods and fatty meats
- Pastries, cakes, pies and chocolate

### How do I reduce my fat intake?

- Include plenty of fresh fruit, vegetables and legumes as most of these foods are fat free.

- Use low fat cooking methods like grilling, poaching or baking instead of frying.
- Trim visible fat from meat, remove chicken skin and avoid high fat processed meats like salami, sausages or deli meats.
- Use oil and butter sparingly – try a cooking oil spray instead.
- Choose low fat dairy options.
- Limit high fat takeaway foods.

If you are losing weight without trying when following a low fat diet, have more low fat, high protein high energy foods and drinks such as:

- Skim milk with extra skim milk powder
- Baked beans, canned tuna (no oil)
- More lean meat or chicken (e.g. chicken breast, lean mince)
- Bread or crumpet with honey or jam
- Low fat yoghurt, custard, ice-cream, soy milk, sorbet
- Fruit juice, cordial, soft drinks, lollies

**If weight loss continues, please contact your dietitian.**

<b>FOOD GROUP</b>	<b>Lower fat - INCLUDE</b>	<b>High fat - AVOID</b>
<b>Bread, cereals, rice, pasta, noodles</b>	<ul style="list-style-type: none"> <li>• Breakfast cereals</li> <li>• Plain breads including white, wholemeal, wholegrain, rye</li> <li>• Fruit loaf</li> <li>• Plain boiled pasta, low fat noodles and rice</li> <li>• Plain sweet biscuits or low fat savoury crackers e.g. Arrowroot, Wheatmeal, Ryvita or Premium</li> </ul>	<ul style="list-style-type: none"> <li>• Toasted cereals or muesli</li> <li>• Cereals containing coconut, seeds or nuts</li> <li>• Turkish or focaccia bread</li> <li>• Croissants, donuts, muffins, pastries, cakes, muesli bars, chocolate or cream biscuits</li> <li>• Fried rice, instant noodles</li> <li>• Pasta dishes with cream or cheese sauces</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• All fresh, frozen or tinned fruit except those listed</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado, olives, coconut or coconut milk/cream</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• All vegetables (steamed, raw, boiled or baked without fat)</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables cooked in fat e.g. chips</li> <li>• Salads with creamy or oily dressing</li> </ul>
<b>Milk, yoghurt, cheese and alternatives</b>	<ul style="list-style-type: none"> <li>• Skim milk or reduced fat milk (fresh, powdered or long life)</li> <li>• Low fat soy milk</li> <li>• Low fat evaporated milk</li> <li>• Low fat yoghurt, ice-cream or custard</li> <li>• Low fat ricotta or cottage cheese</li> <li>• Small amounts of reduced fat cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Full cream milk or regular soy milk</li> <li>• Fresh cream or sour cream</li> <li>• Evaporated or condensed milk</li> <li>• Full cream yoghurt, ice-cream or custard</li> <li>• Cream cheese or cheese spread</li> <li>• Full fat cheeses</li> </ul>
<b>Meat, fish, poultry, eggs, legumes and meat substitutes</b>	<ul style="list-style-type: none"> <li>• Lean meat with all visible fat trimmed</li> <li>• Chicken with no skin</li> <li>• Lean mince</li> <li>• Limit 1 egg per day (poached, boiled or scrambled, no added fat)</li> <li>• Lean sandwich meats (chicken, turkey or ham)</li> <li>• Fish &amp; seafood cooked by low fat method (grill, poach or bake)</li> <li>• Tinned fish in brine or spring water, 98% fat free flavoured tuna or salmon</li> <li>• Legumes e.g. baked beans, chick peas, lentils</li> <li>• Tofu – not fried</li> </ul>	<ul style="list-style-type: none"> <li>• Full cream milk or regular soy milk</li> <li>• Fresh cream or sour cream</li> <li>• Fatty meats e.g. sausages, salami, bacon, luncheon</li> <li>• Fried chicken, chicken nuggets or chicken kiev</li> <li>• Crumbed or battered fish</li> <li>• Tinned fish in oil</li> <li>• Fried eggs</li> <li>• Nuts</li> </ul>
<b>Fats</b>	<ul style="list-style-type: none"> <li>• Limit extra fat to a total of 1 tablespoon per day (includes butter, margarine, cooking oils, mayonnaise, copha, ghee, lard and oily/creamy salad dressings)</li> </ul>	<ul style="list-style-type: none"> <li>• Butter, margarine, cooking oils, mayonnaise, copha, ghee, lard and oily/creamy salad dressings</li> <li>•</li> </ul>

FOOD GROUP	Lower fat - INCLUDE	High fat - AVOID
<b>Drinks, snacks and extras</b>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Coffee and tea made with low fat milk</li> <li>• Low fat flavoured milk</li> <li>• Juices, soft drinks, cordials, mineral water, beer, wine, spirits</li> <li>• Boiled lollies, jelly beans, marshmallows, chewing gum, Minties, snakes, toffee, plain liquorice</li> <li>• Jams, marmalades, honey</li> <li>• Unbuttered popcorn</li> <li>• Tomato sauce, BBQ sauce, mint sauce, cranberry sauce, soy sauce, sweet chilli sauce, tomato salsa, relish, low fat gravy</li> </ul>	<ul style="list-style-type: none"> <li>• Milo, drinking chocolate, full fat flavoured milk</li> <li>• Chocolate, caramels, fudge</li> <li>• Hot chips, potato crisps, corn chips, nuts or buttered popcorn</li> <li>• Pastries</li> <li>• Dips</li> <li>• Peanut butter, Nutella</li> <li>• Coconut milk or cream</li> <li>• Sauces made with oil, cream or cheese e.g. satay sauce, pesto</li> <li>• Deep fried and takeaway foods such as pizza, spring rolls and hamburgers</li> </ul>

Things I can do to reduce my fat intake:

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