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?
A low fat diet may be needed if you are having trouble digesting or absorbing fat. Your doctor may also recommend a low fat diet if you have gall stones or pancreatitis.

What does a low fat diet mean?
A low fat diet means reducing the total amount of fat that you eat every day. This can be achieved by avoiding high fat foods and choosing lower fat alternatives. It is still important to enjoy a wide variety of nutritious foods from each of the food groups when on a low fat diet (see table below).

Which foods are high in fat?
- Butter, margarine, cream and oils
- Fried foods and fatty meats
- Pastries, cakes, pies, chocolate

How to reduce my fat intake?
- Include plenty of fresh fruit, vegetables and legumes as most of these foods are fat free (see table on next page)
- Use low fat cooking methods such as grilling, poaching or baking rather than frying
- Trim visible fat from meat, remove chicken skins and avoid high fat processed meats like luncheon, salami or sausages
- Use oil and butter sparingly (try cooking with oil spray)
- Choose low fat dairy products
- Check labels on packaged foods and choose low fat options
- Limit high fat takeaway foods

If you are losing weight without trying when following 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, extra trim mince)
- Bread with jam, crumpet with honey
- Low fat yoghurt, custard, ice-cream, soy milk, fruit based gelato
- Fruit juice, cordial, soft drinks, lollies

If weight loss continues, please contact your Dietitian.

Dietitian: _________________________
Phone Number: ____________________
<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>Lower fat - INCLUDE</th>
<th>High fat - AVOID</th>
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</thead>
</table>
| Bread, Cereals, Rice, Pasta, Noodles | • Breakfast cereals  
  • Plain breads including white, wholemeal, wholegrain, rye  
  • Fruit loaf  
  • Plain boiled pasta, low fat noodles and rice  
  • Plain sweet biscuits or low fat savoury crackers e.g. Arrowroot, wheatmeal, Ryvitas or Premiums | • Toasted cereals or muesli  
  • Cereals containing coconuts, seeds or nuts  
  • Turkish or focaccia bread  
  • Croissants, donuts, muffins, pastries, cakes, muesli bars, chocolate or cream biscuits  
  • Fried rice, instant noodles  
  • Pasta dishes with cream or cheese sauces |
| Fruit             | • All fresh, frozen or tinned fruit except those listed                               | • Avocado, olives, coconut or coconut milk/cream                                   |
| Vegetables        | • All vegetables (steamed, raw, boiled or baked without fat)                         | • Vegetables cooked in fat e.g. chips  
  • Salads with creamy or oily dressing (e.g. mayonnaise)                           |
| Milk, yoghurt, cheese and alternatives | • Skim milk or reduced fat milk (fresh, powdered or long life)  
  • Low fat soy milk  
  • Low fat evaporated milk  
  • Low fat yoghurt, ice-cream or custard  
  • Low fat ricotta or cottage cheese  
  • Small amounts of reduced fat cheese | • Full cream milk or regular soy milk  
  • Fresh cream or sour cream  
  • Evaporated or condensed milk  
  • Full cream yoghurt, ice-cream or custard  
  • Cream cheese or cheese spread  
  • Full fat cheeses |
| Meat, fish, poultry, eggs, legumes and meat substitutes | • Lean meat with all visible fat trimmed  
  • Chicken with no skin  
  • Lean mince  
  • Limit 1 egg per day (poached, boiled or scrambled, no added fat)  
  • Lean sandwich meats (chicken, turkey or ham)  
  • Fish & seafood cooked by low fat method (grill, poach or bake)  
  • Tinned fish in brine or spring water, 98% fat free flavoured tuna or salmon  
  • Legumes e.g. baked beans, chickpeas, lentils etc  
  • Tofu – not fried | • Full cream milk or regular soy milk  
  • Fresh cream or sour cream  
  • Fatty meats e.g. sausages, salami, bacon, luncheon  
  • Fried chicken, chicken nuggets or chicken kiev  
  • Crumbed or battered fish  
  • Fish tinned in oil  
  • Fried eggs  
  • Nuts |
This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, "NEMO", team.

Reviewed: February 2017
Due for review: February 2019

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>INCLUDE</th>
<th>AVOID</th>
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<tbody>
<tr>
<td>Fats</td>
<td>• 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)</td>
<td>• Butter, margarine, cooking oils, mayonnaise, copha, ghee, lard and oily/creamy salad dressings</td>
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<tr>
<td>Drinks, snacks and extras</td>
<td>• Water</td>
<td>• Milo, drinking chocolate or full fat flavoured milk</td>
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<td></td>
<td>• Coffee and tea made with low fat milk</td>
<td>• Chocolate, caramels, fudge</td>
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<td></td>
<td>• Low fat flavoured milk</td>
<td>• Hot chips, potato crisps, corn chips, nuts or buttered popcorn</td>
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<tr>
<td></td>
<td>• Juices, soft drinks, cordials, mineral water, beer, wine, spirits</td>
<td>• Pastries</td>
</tr>
<tr>
<td></td>
<td>• Boiled lollies, jelly beans, marshmallows, chewing gum, Minties, snakes, toffee, plain liquorice</td>
<td>• Dips</td>
</tr>
<tr>
<td></td>
<td>• Jams, marmalades, honey</td>
<td>• Peanut butter, Nutella</td>
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<td></td>
<td>• Unbuttered popcorn</td>
<td>• Coconut milk or cream</td>
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<td></td>
<td>• Tomato sauce, BBQ sauce, mint sauce, cranberry sauce, soy sauce, sweet chilli sauce, tomato salsa, relish, low fat gravy</td>
<td>• Sauces made with oil, cream or cheese e.g. satay sauce, pesto</td>
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<td></td>
<td>• Milo, drinking chocolate or full fat flavoured milk</td>
<td>• Deep fried foods and takeaway foods such as pizza, spring rolls and hamburgers</td>
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</tbody>
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Suggest Meal Plan

Breakfast: Sultana bran with skim milk
1 boiled or poached egg

Morning tea: Tub of low fat yoghurt

Lunch: Lean meat and salad sandwich with a scrape of margarine
Fresh fruit

Afternoon tea: Plain biscuit
A glass of skim milk

Dinner: Grilled lean meat
Low fat gravy/relish
Plain boiled potato (no added butter/margarine)
Steamed vegetables

Supper: Fresh fruit with low fat custard