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.
<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>Lower fat - INCLUDE</th>
<th>High fat - AVOID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread, cereals, rice, pasta, noodles</td>
<td>• Breakfast cereals</td>
<td>• Toasted cereals or muesli</td>
</tr>
<tr>
<td></td>
<td>• Plain breads including white, wholemeal, wholegrain, rye</td>
<td>• Cereals containing coconut, seeds or nuts</td>
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<td></td>
<td>• Fruit loaf</td>
<td>• Turkish or focaccia bread</td>
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<td></td>
<td>• Plain boiled pasta, low fat noodles and rice</td>
<td>• Croissants, donuts, muffins, pastries, cakes, muesli bars, chocolate or cream biscuits</td>
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<td></td>
<td>• Plain sweet biscuits or low fat savoury crackers e.g. Arrowroot, Wheatmeal, Ryvita or Premium</td>
<td>• Fried rice, instant noodles</td>
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<tr>
<td></td>
<td>• Toasted cereals or muesli</td>
<td>• Pasta dishes with cream or cheese sauces</td>
</tr>
<tr>
<td></td>
<td>• Breakfast cereals</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Plain breads including white, wholemeal, wholegrain, rye</td>
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<td>• Fruit loaf</td>
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<td>• Plain boiled pasta, low fat noodles and rice</td>
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<tr>
<td></td>
<td>• Plain sweet biscuits or low fat savoury crackers e.g. Arrowroot, Wheatmeal, Ryvita or Premium</td>
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<td></td>
<td>• Full cream milk or regular soy milk</td>
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<td></td>
<td>• Fresh cream or sour cream</td>
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<tr>
<td></td>
<td>• Evaporated or condensed milk</td>
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<tr>
<td></td>
<td>• Full cream yoghurt, ice-cream or custard</td>
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<td></td>
<td>• Cream cheese or cheese spread</td>
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<td></td>
<td>• Full fat cheeses</td>
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<tr>
<td>Fruit</td>
<td>• All fresh, frozen or tinned fruit except those listed</td>
<td>• Avocado, olives, coconut or coconut milk/cream</td>
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<tr>
<td>Vegetables</td>
<td>• All vegetables (steamed, raw, boiled or baked without fat)</td>
<td>• Vegetables cooked in fat e.g. chips</td>
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<td></td>
<td></td>
<td>• Salads with creamy or oily dressing</td>
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<tr>
<td>Milk, yoghurt, cheese and alternatives</td>
<td>• Skim milk or reduced fat milk (fresh, powdered or long life)</td>
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<td></td>
<td>• Low fat soy milk</td>
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<tr>
<td></td>
<td>• Low fat evaporated milk</td>
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<tr>
<td></td>
<td>• Low fat yoghurt, ice-cream or custard</td>
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<td></td>
<td>• Low fat ricotta or cottage cheese</td>
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<td></td>
<td>• Small amounts of reduced fat cheese</td>
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<td></td>
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<tr>
<td>Meat, fish, poultry, eggs, legumes and meat substitutes</td>
<td>• Lean meat with all visible fat trimmed</td>
<td>• Full cream milk or regular soy milk</td>
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<tr>
<td></td>
<td>• Chicken with no skin</td>
<td>• Fresh cream or sour cream</td>
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<td></td>
<td>• Lean mince</td>
<td>• Fatty meats e.g. sausages, salami, bacon, luncheon</td>
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<td></td>
<td>• Limit 1 egg per day (poached, boiled or scrambled, no added fat)</td>
<td>• Fried chicken, chicken nuggets or chicken kiev</td>
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<td></td>
<td>• Lean sandwich meats (chicken, turkey or ham)</td>
<td>• Crumbed or battered fish</td>
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<td></td>
<td>• Fish &amp; seafood cooked by low fat method (grill, poach or bake)</td>
<td>• Tinned fish in oil</td>
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<td></td>
<td>• Tinned fish in brine or spring water, 98% fat free flavoured tuna or salmon</td>
<td>• Fried eggs</td>
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<td></td>
<td>• Legumes e.g. baked beans, chick peas, lentils</td>
<td>• Nuts</td>
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<td></td>
<td>• Tofu – not fried</td>
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<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>
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<td>FOOD GROUP</td>
<td>Lower fat - INCLUDE</td>
<td>High fat - AVOID</td>
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<tr>
<td>Drinks, snacks</td>
<td>Water</td>
<td>Milo, drinking chocolate, full fat</td>
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<tr>
<td>and extras</td>
<td>Coffee and tea made with low fat milk</td>
<td>flavoured milk</td>
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<td></td>
<td>Low fat flavoured milk</td>
<td>Chocolate, caramels, fudge</td>
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<td></td>
<td>Juices, soft drinks, cordials, mineral water, beer, wine, spirits</td>
<td>Hot chips, potato crisps, corn chips, nuts or buttered popcorn</td>
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<td></td>
<td>Boiled lollies, jelly beans, marshmallows, chewing gum, Minties, snakes, toffee, plain</td>
<td>Pastries</td>
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<tr>
<td></td>
<td>liquorice</td>
<td>Dips</td>
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<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,</td>
<td>Sauces made with oil, cream or cheese e.g. satay sauce, pesto</td>
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<td></td>
<td>tomato salsa, relish, low fat gravy</td>
<td>Deep fried and takeaway foods such as pizza, spring rolls and hamburgers</td>
</tr>
</tbody>
</table>

Things I can do to reduce my fat intake:

1. 
2. 
3. 
4. 

For further information contact your dietitian or nutritionist: _____________________