

This resource is for people who need to eat less fat in their diet for their condition as recommended by their doctor or dietitian.

### Why do I need a low fat diet?

- Your doctor may recommend a low-fat diet if you are having trouble breaking down or absorbing fat or have gallstones.
- This may help you manage symptoms (such as pain, diarrhoea, discomfort).
- You may only need a low fat diet for a short time, check with your doctor or dietitian.

### Which foods are high in fat?

- Butter, margarine, cream, and oils
- Fried foods, fatty meats
- Pastries, cakes, pies, and chocolate
- Nuts, avocado, full fat dairy products (milk, yoghurt, cheese)

### 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 less oil and butter – try a cooking oil spray instead.
- Choose low fat dairy options.
- Limit high fat takeaway foods.
- Limit high fat foods including cakes, pastries and chips.

### What foods are low and high in fat?

Enjoy a wide variety of nutritious foods from the five food groups listed in the table below: breads and cereals, fruit, vegetables, dairy and alternatives, and meat and alternatives.

This will ensure you are still eating enough fat, which is important to provide certain

vitamins and types of fats which are needed by the body. If you are losing weight without trying, speak to your doctor or dietitian and prioritise foods from the following food groups:

- milk, yoghurt, cheese and alternatives
- meat, fish, poultry, eggs, legumes and meat substitutes
- drinks, snacks and extras

<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 (except those listed on the right)</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, Ryvitas or Premiums</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 or coconut</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> <li>• Coconut milk/cream</li> </ul>

FOOD GROUP	Lower fat - INCLUDE	High fat - AVOID
<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, chickpeas, lentils etc</li> <li>• Tofu – not fried</li> </ul>	<ul style="list-style-type: none"> <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>• Fish tinned 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</li> </ul>	<ul style="list-style-type: none"> <li>• Butter, margarine, cooking oils, mayonnaise, copha, ghee, lard and oily/creamy salad dressings</li> </ul>
<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</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 or 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 foods and takeaway foods such as pizza, spring rolls and hamburgers.</li> </ul>

## Summary

- You may need a low-fat diet for your condition.
- Reduce foods that are high in fat.
- Choose lower-fat cooking methods.
- It is recommended to follow up with your doctor or dietitian to advise how long to continue a low fat diet.

For further information, contact your dietitian or nutritionist: \_\_\_\_\_