

Ten Top Tips to Reduce Your Fat Intake



1. Avoid using fat and oil in cooking. Choose low fat cooking methods such as grilling, baking, steaming and microwaving. Where you do use oil, use as little as possible, remembering vegetable oils are just as high in calories as other cooking fats.
2. Use butter or margarine in very small amounts. Alternatively, try using a low fat spread, e.g. Flora Light, St Ivel Gold Light, Clover Light or supermarket own brands.
3. Choose skimmed or semi-skimmed milk instead of full cream milk.
4. Reduce the quantity of cheese you eat. Choose small portions of lower fat varieties, e.g. Edam, cottage cheese, brie, feta or try reduced fat instead of full fat for varieties such as Cheddar.
5. Use low fat yoghurt or low fat fromage frais instead of cream, ice-cream, evaporated or condensed milk.
6. Choose lean cuts of meat and remove all fat and skin.
7. Chicken and turkey are low in fat provided that the skin is removed. Try and choose these more often.
8. Beans and pulses are low in fat and a good source of fibre. Try replacing all or some of the meat in casseroles, curries, soups. etc. with pulses, e.g. baked beans, kidney beans, peas and lentils.
9. Eat fish more often: grill, poach, bake and microwave rather than fry.



10. Cut down on biscuits, cakes, chocolate, crisps, pies and pastries. Replace them with low fat healthy snacks, e.g. fruit, vegetable sticks, crispbreads, bread sticks, teacakes, plain or fruit scones, muffins or crumpets, especially wholemeal varieties.

