

# FAT SWOPS

High fat foods	Lower fat alternatives	Fat Reduction (g)	Energy Reduction (Kcal)
10g Butter/margarine	10g Low fat spread	3	27
600ml Whole milk	600ml Semi-skimmed milk	10	100
2 Chocolate digestives	2 jaffa cakes	7	165
30ml Double cream	30ml 2% fat plain yoghurt	14	110
40g Cheddar cheese	40g Half fat cheese	6	50
Fried egg	Boiled egg	5	45
1 rasher fried streaky bacon	1 rasher lean grilled bacon	6	55
165g Fried chips	165g Oven chips (baked)	4	45
'Big Mac'	Hamburger	15	240
Doughnut	Iced finger	16	150
50g Packet peanuts	50g Packet dried fruit	24	190
1 Croissant	1 Crumpet	12	94
Packet crisps	Banana	8	35
1 Cornish pasty	1 Ham sandwich	37	
Pilau rice	Boiled rice	22	

## What does low in fat actually mean?

As a rule of thumb if you look at a food label, nutritional information is given per 100g

Per 100g

**A little**

2g of sugars

3g of fat

1g saturated fat

**A lot**

10g of sugars

20g of fat

5g of saturated fat

If a ready meal contains 30g fat it would give you a lot of fat

# FAT

## Practical tips for reducing fat in the diet

- ✚ Always use low fat spread at home and outside
- ✚ Don't spread fat on bread when it is not needed e.g. baked beans on toast/ banana on toast
- ✚ Always use skimmed or semi skimmed milk whenever possible
- ✚ Try to eat low fat varieties of cheese e.g. low fat cheddar / low fat or "light" cream cheeses
- ✚ Use low fat/ diet yoghurts, fromage frais, custards and rice puddings
- ✚ Have unbuttered, plain popcorn instead of crisps or nuts
  - ✚ Instead of fatty nibbles try pretzels, or twiglets
  - ✚ Avoid cream, creamy sauces, buttered vegetables, mayonnaise
- ✚ Grill, microwave, bake, boil and steam rather than roast or fry
  - ✚ Buy lean cuts of meat and mince
  - ✚ Take the skin off chicken
  - ✚ Choose fish especially salmon, pilchards, sardines, mackerel, herrings to get some omega 3 fats essential for good health
- ✚ Try to avoid to many occasions where you eat out or rely on takeaways
  - ✚ If you have to eat out avoid battered fish, sausages, chicken, onions and mushrooms and choose grilled or flame grilled food, baked potatoes rather than chips and pizzas with lower fat toppings such as tomato, vegetable or lean meat