



## Healthy Eating - Choosing Less Fat

Patient Name:

Date:

Health Professional Name:

Designation:

Contact:

Reducing the amount of saturated fat in your diet can improve your health by helping to lower your risk of conditions such as heart disease, obesity and diabetes. This sheet contains practical tips for changes you can make to your food choices, cooking methods and meal ingredients. Small changes in your diet can make a difference to your health.

### Ideas to help you choose less fat

<p>CHOOSE</p> 	<ul style="list-style-type: none"> <li>• <b>Cuts of meat with little visible fat</b> such as lean steaks, stir-fry strips and lean mince</li> <li>• <b>Fish</b> (fresh or canned in spring water) at least twice a week instead of meat</li> <li>• <b>Legumes/ pulses</b> (dried beans, peas, lentils) or soy products (eg tofu) instead of meat on some days of the week</li> <li>• <b>Oils and spreads</b> that are <b>from plants</b> such as olive, canola, sunflower and safflower (but not coconut or palm oil as these have a high saturated fat content)</li> <li>• <b>Low fat cooking methods</b> eg grilling, baking, stir-frying, dry roasting on a rack, poaching, boiling and steaming</li> <li>• <b>Low fat</b> products at the supermarket. Look for products that have less than 10g of total fat per 100g and less than 2g of saturated fat per 100g. <i>Remember</i> that low fat products might still be high in sugar</li> <li>• <b>Low fat dairy products</b> including trim or calci-trim milk, low fat yoghurt and cottage cheese. Try to limit hard cheeses, cream cheese and ice-cream</li> <li>• <b>Use small amounts of low fat salad dressings</b> eg balsamic vinaigrette, lemon juice and dressing made from oils such as olive, canola, sunflower and soybean.</li> </ul>
<p>Reduce</p> 	<ul style="list-style-type: none"> <li>• <b>Fat by trimming or removing all visible fat / skin</b> off meat and chicken before cooking</li> <li>• <b>Your intake of fatty meats</b> such as sausages, luncheon, salami, canned corned beef and bacon</li> <li>• <b>Convenience foods</b> including biscuits, cakes, fried foods, baked goods, pastries, confectionary bars and potato crisps</li> </ul>
<p>Limit</p> 	<ul style="list-style-type: none"> <li>• <b>Animal fats</b> including butter, cream, sour cream, full fat dairy products, meat fat and gravy made from meat juices</li> <li>• <b>All types of fats and oils are high in energy</b> (kcal / KJ) so use only <b>small amounts</b> (three serves per day). One serve is: one teaspoon of margarine or oil; one tablespoon of avocado; one dessertspoon of peanut butter.</li> <li>• <b>Limit takeaways</b> eg pizza, pies, hamburgers, fish and chips, deep fried food. Choose takeaways that are lower in fat such as sushi, filled rolls, vegetarian dishes, salads, steamed rice and noodle dishes. Limit them to once a week or less.</li> </ul>

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## More ideas to help reduce fat in your diet

<p><b>Use less cheese, cream and standard milk</b></p>	<ul style="list-style-type: none"> <li>• For cheese on toast and other dishes with melted cheese, use grated cheese instead of slices - you'll use less.</li> <li>• Use a small amount of rich cheese like Parmesan to give a cheesy flavour to sauce, instead of lots of mild-flavoured cheese.</li> <li>• When a recipe includes cream, try the following instead:           <ul style="list-style-type: none"> <li>– Thick plain yoghurt or light sour cream added at the last minute for stroganoff or curry</li> <li>– Reduced-fat evaporated milk for creamy pasta sauces</li> <li>– Pureed cottage cheese.</li> </ul> </li> <li>• Instead of coconut cream/ milk, use coconut-flavoured light evaporated milk or low fat coconut cream/ milk.</li> <li>• Rather than creamy pasta sauces, choose tomato-based sauces</li> <li>• Use trim milk for all cooking.</li> </ul>
<p><b>Cook with fruit and vegetables</b></p>	<ul style="list-style-type: none"> <li>• For healthier roast vegetables, blanch in boiling water and drain. Spray with olive oil and roast in a separate dish to the meat.</li> <li>• Make your own potato chips or wedges – spray with oil and bake in the oven instead of frying.</li> <li>• Use a splash of trim milk or plain yoghurt and ground pepper in mashed potatoes instead of butter and salt.</li> <li>• Add vegetables into your meals wherever possible – frozen mixed vegetables are an easy idea.</li> <li>• Keep the skin on your fruit and vegetables for extra fibre.</li> </ul>
<p><b>Add legumes eg beans and lentils</b></p>	<ul style="list-style-type: none"> <li>• Add tins of peas, beans and lentils to soups and casseroles. If the recipe contains meat aim for ¾ cup of legumes per 500g of meat.</li> <li>• Add tinned beans such as chickpeas or “Four Bean Mix” to salads.</li> </ul>
<p><b>Reduce fats and oils</b></p>	<ul style="list-style-type: none"> <li>• Use spray-oil to grease pans, or use a non-stick frying pan with no oil.</li> <li>• Use other fluids such as water, stock, fruit juice or lemon juice instead of oil for sautéing or browning vegetables or meat.</li> <li>• Use low fat spread instead of butter when cooking or baking.</li> </ul>
<p><b>Healthier baking and pastry</b></p>	<ul style="list-style-type: none"> <li>• If you use flaky pastry, choose reduced fat products or cut down the amount by using the pastry as a topping only</li> <li>• Filo pastry is a low fat alternative to flaky and puff pastry</li> <li>• Wholemeal flour can be swapped for white flour in baking and adds fibre. Start by replacing a quarter of the white flour with wholemeal. Up to two-thirds of the flour in most recipes could be wholemeal. An example of this is when you are baking scones or muffins</li> <li>• In cakes, you can use half the butter or oil and replace with fruit or vegetables such as:           <ul style="list-style-type: none"> <li>– Grated apple, carrot, courgette</li> <li>– Apple purée, puréed canned peaches or mashed bananas</li> <li>– Crushed, canned pineapple</li> </ul>           For example, if the cake recipe has 200g of butter, reduce this to 100g of low-fat spread and add 100g apple puree.         </li> </ul>

This nutrition information has been developed for use by Waitemata DHB Dietitians. It may be used by other healthcare professionals if appropriate training has been given. Please consult Waitemata DHB Dietitians if you have questions about using this information

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