

How to keep your fat intake low

Trim visible fat from meat and remove skin from chicken before cooking

Limit the use of high fat processed meats and meat products:

Sausages, luncheon sausage, salami, tinned corned beef, fatty bacon, pies and pastries

Try substituting meat on some days with lower fat choices:

Fish, pasta, vegetables and legumes – dried beans, peas, split peas, lentils

Use lower fat cooking methods:

- Use non stick pans and cook with little or no fat or oil
- Bake, steam, poach or boil
- Dry stir fry or use a little stock or brush the pan with oil
- Grill or barbeque trimmed meat – try marinating with low fat yoghurt, herbs and spices
- Bake fish fillets or kebabs in foil or baking paper, use lemon juice, stock or wine and herbs to season
- Roast meat on a rack so the fat drips away
- Dry roast vegetables by spraying with a little oil before cooking
- Let homemade soups, casseroles and meat dishes cool until the fat settles on the top. Remove the fat before adding vegetables
- Extend meat dishes by adding dried beans and lentils

Use low fat dairy products:

- Fat reduced milk
- Low fat, unsweetened or 'lite' yoghurt
- Low fat cheese – cottage cheese, ricotta, quark, low fat cheese slices
- Use a thin spread of margarine or reduced fat spread

Replace high fat sauces/dressings with low fat choices:

- 'Lite', low fat or no fat salad dressings and mayonnaise
- Tomato/vegetable sauces instead of creamy/cheese sauces
- Grainy mustard/herb or balsamic vinegar and a dash of olive oil

Always include lots of 'free' vegetables with meals:

Cabbage, carrots, cauliflower, green beans, broccoli, silverbeet etc. Add salad vegetables to sandwiches

Choose healthy snack foods:

Use wholegrain, low fat crackers, fresh fruit, low fat yoghurts, wholegrain bread and other low fat snack foods

Keep foods high in sugar and fat for special occasions:

Cakes, biscuits, muffins, scones, chocolate, ice cream and desserts

Limit high fat takeaway foods to once a month treat:

Choose takeaways that are not deep fried – Chinese, Indian, Japanese, Middle Eastern, hamburgers, kebabs, Subway* sandwiches, baked potato

*Registered brandname