

# Top Tips and Activities!

## Reducing Fat



Eating a diet low in fat is an important part of weight control and just a small amount of calorie intake each day should come from foods high in fat. Even when common sources of fat such as cakes and chocolate are restricted, it can be difficult to control the amount of fat found in foods belonging to other food groups. Below are some tips on how to limit the amount of fat found in everyday foods.

### Meat

- Choose lean cuts of meat
- Trim any visible fat from meat before cooking
- Remove the skin from chicken as it contains a lot of fat
- Try to grill meat, this method of cooking requires no added fat and allows fat contained in meat to escape
- If frying meat, drain away any fat before serving
- If making stew or casseroles, skim the fat from the top before serving
- Try to eat smaller portions of meat and add extra vegetables or pulses instead

### Snacks

- Choose baked crisps which are usually lower in saturated fat than fried
- Check out which biscuits contain lower amounts of saturated fat, the amounts often differ considerably
- Replace snacks such as chocolate or sweets with a lower fat option such as toast, fruit, yoghurt or nuts

### Milk and Dairy Products

- Use skimmed or semi skimmed milk. Children should drink whole milk until the age of two, semi skimmed is suitable between the ages of two and five and skimmed from the age of five upwards

- Compare the fat content of yoghurts and spreads, it can vary notably between different types and brands
- If using cheese, try grated instead of sliced. Grating cheese makes it go further and usually means less is eaten
- Use a strong flavoured cheese, it takes less of a strong cheese such as mature cheddar to create a cheesy flavour

### Fats and Oils

- Use oil rather than butter, lard or ghee when frying
- Only use as much oil as you need, try using a non-stick pan or spray oil to reduce the amount needed further
- Switch to a reduced fat spread rather than using butter. Not only do these spread contain less fat, they are softer meaning that they can be used more sparingly

### Fats in Cooking

- Choose tomato based sauces rather than those based on cream or cheese
- If making a creamy sauce, use reduced fat crème fraîche or yoghurt instead of cream
- Try reduced fat spread and skimmed milk instead of butter when mashing potatoes
- When making chips or roast potatoes, cut the potatoes into large chunks and drizzle with oil before putting into the oven
- If making a pie, use pastry only to cover the top rather than all around the filling
- Boil or poach eggs rather than frying them
- When baking, try substituting the butter or margarine in the recipe for oil, low fat yoghurt or low fat buttermilk