



## Fat: How to eat less

### General tips:

- 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
  - Soy products: tofu, tempeh
  - Legumes – dried beans, split peas, lentils
- Use low fat dairy products:
  - Fat reduced milk
  - Low fat, unsweetened or 'diet-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 non-fat / oil based salad dressings and mayonnaise
  - Put bought or homemade salad dressing in a spray bottle ( used olive oil spray bottle).
  - Use tomato and vegetable based sauces instead of creamy / cheese sauces
  - Use grainy mustard / herb or balsamic vinegars and a dash of oil.
- Always include lots of 'free' vegetables with meals:
  - Broccoli, cabbage, carrots, cauliflower, green beans, silver beet etc.
  - Add salad vegetables to sandwiches and wholegrain bread rolls
- Limit high fat takeaways to once per month  
Choose takeaways that are not deep fried.
- Choose low fat snacks

### Low fat cooking tips:

- Deep frying or shallow frying is not recommended as the food soaks up the oil. So Bake, steam, poach or boil
- If you use a heavy bottom pan you can use small amounts of oil to brown and stir-fry food
- Oil sprays or pumps are a convenient alternative to help you cut down on the amount of oil that you use
- Use non-stick pans and cook with little or no fat or oil
- Dry stir-fry or use a little stock or brush 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 with baking paper, using lemon juice, stock or wine and herbs to season
- 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 fat before adding vegetables
- Extend meat dishes by adding dried beans and lentils

### Cooking tips for when using cheese

Low fat soft white cheeses such as ricotta and cottage mix well with other foods to make delicious spread or dips

Try cottage cheese mixed with tuna or salmon. Blend with finely chopped fresh herbs and tomato or chilli paste to make delicious spreads

Cheeses also mix well with yoghurt – try adding lemon juice, a pinch of sugar and make a cream as a great topping on fruit for a dessert

Grated cheese goes further than a slice of cheese and can be kept in the freezer

Try adding a little parmesan with a lower fat milder cheese to enhance the cheese flavour. Or add Worcester, Tabasco or herbs