



## Low fat diet sheet

### Cereal foods

- ◆ Foods that can be eaten regularly (little or no fat): Wholemeal flour. Wholemeal bread. Porridge oats. High fibre breakfast cereals. Wholegrain rice and pasta
- ◆ Foods to be eaten in moderation (contains some fat): White flour and bread. Low fibre breakfast White rice and pasta. Plain Biscuits, plain or fruit scones
- ◆ Foods to be avoided or eaten rarely (high in fat): Croissants, fried bread, cream cakes, most cakes and biscuits. Pastry. Suet pudding

### Fruit / Veg / Nuts

- ◆ Foods that can be eaten regularly (little or no fat): All fresh and frozen vegetables. Dried beans and lentils. Baked potatoes. All fresh fruit. Dried fruit. Walnuts.
- ◆ Foods to be eaten in moderation (contains some fat): Oven chips. Avocado pears. Olives. Almonds .Pecans. Hazelnuts
- ◆ Foods to be avoided or eaten rarely (high in fat): Chips. Fried or roast potatoes. Crisps and potato snack foods. Coconut. Brazils. Roasted peanuts

### Fish

- ◆ Foods that can be eaten regularly (little or no fat): All white fish. Oily fish[herrings, tuna, mackerel] not tinned in oil
- ◆ Foods to be eaten in moderation (contains some fat): Shellfish
- ◆ Foods to be avoided or eaten rarely (high in fat): Fishroe. Caviar

### Meat

- ◆ Foods that can be eaten regularly (little or no fat): Lean meat preferably white [chicken, turkey, veal, rabbit, game]
- ◆ Foods to be eaten in moderation (contains some fat): Ham, beef, pork, lamb, lean mince, liver and kidney.
- ◆ Foods to be avoided or eaten rarely (high in fat): Visible fat on meat. Crackling, sausages, pates, duck, goose. Meat pies/pasties.

### Eggs , Dairy Foods

- ◆ Foods that can be eaten regularly (little or no fat): Skimmed or semi skimmed milk. Cottage or curd cheese. Low fat yoghurt. Egg whites
- ◆ Foods to be eaten in moderation (contains some fat): Edam. Camembert. Parmesan. Up to 3 egg yolks a week.
- ◆ Foods to be avoided or eaten rarely (high in fat): Whole milk. Cream. Hard cheeses. Stilton, cream cheese

## Fats

- ◆ Foods that can be eaten regularly (little or no fat): None
- ◆ Foods to be eaten in moderation (contains some fat): Low fat spreads. Margarine [high in polyunsaturates]. Corn, sunflower and olive oil.
- ◆ Foods to be avoided or eaten rarely (high in fat): Butter, dripping, lard. Margarine not high in polyunsaturates.

## Sweets / Spreads

- ◆ Foods that can be eaten regularly (little or no fat): Bovril, oxo, marmite. Boiled sweets, jam, marmalade, honey
- ◆ Foods to be eaten in moderation (contains some fat): Meat and fish pastes
- ◆ Foods to be avoided or eaten rarely (high in fat): Mayonaise, salad dressings, peanut butter, lemon curd. Chocolate, fudge

## Drinks Soups

- ◆ Foods that can be eaten regularly (little or no fat): Tea, coffee, mineral water, fruit juices.
- ◆ Foods to be eaten in moderation (contains some fat): Packet soups. Alcoholic drinks.
- ◆ Foods to be avoided or eaten rarely (high in fat): Cream soups. Milky drinks

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