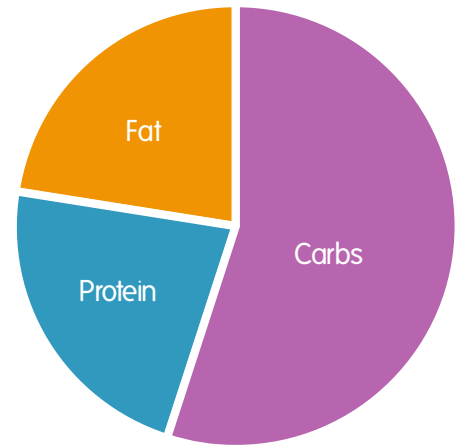


7 tips for lowering fat in your diet



1. Opt for lower fat dairy foods such as low fat yogurt, reduced fat cheese and skimmed milk.
2. Use low calorie sprays instead of oil when cooking.
3. Choose reduced fat versions of dressings and sauces.
4. Trim all visible fat off meats and limit high fat meat products such as sausages and bacon.
5. Choose lean protein such as white fish, skinless chicken, turkey, Quorn and pulses.
6. Cut out very high fat foods such as pastries, deep fried foods and full fat cheese.
7. We do need some fat, so if you're limiting it ensure the types you do eat are the healthiest

Nutracheck recommends



Healthier fat choices



Salmon



White fish



Avocado



Seeds



Nuts

Mackerel



Fatty meat



Whole milk



Samosas



Sausages



Pastry



Chips



Scampi



Watch portion size