

HOW TO MODIFY YOUR DIET

	EAT IN NORMAL AMOUNTS (Low in Saturated Fat)	EAT IN MODERATION	AVOID (High in Saturated Fat)
DAIRY FOODS	Skimmed milk Low fat yoghurt, fromage frais, Cottage cheese, skimmed milk, cheeses, curd cheeses, Egg white.	Semi-skimmed milk Cheeseozs per week Eggs	Whole (full cream) condensed and evaporated milk Cream, whole milk yoghurt, Greek yoghurt, Cream cheeses, Stilton, Coffee whiteners, filled milks, e.g. Five pints
FATS	All fats should be limited	Margarines labelled 'High in Polyunsaturated' or 'Mono-saturates' Low fat spread, Corn oil, Sunflower oil, Soya coil, Safflower, Rapeseed oil or Olive oil, Baking Flora, White Flora, Solid Sunflower oil	All margarines and cooking fats NOT labelled 'High in Polyunsaturated' or 'Mono-saturates, Butter, Dairy spreads, Blended vegetable oil, Hydrogenated vegetable fat, Lard, Dripping, Suet, Unspecified fats
MEAT	Chicken and turkey (no skin) Game, rabbit, Soya meat protein substitute Lean beef, pork, ham, gammon or lamb	Grilled back bacon, liver & kidneyozs per week	Fatty meats, streaky bacon, sausages, burgers Belly pork, meat pies, pork pie, salami, tinned meats, faggots, duck, goose, pate, meat paste
FISH	White fish without breadcrumbs, batter and commercial sauce, Oily fish, eg sardines, mackerel, tuna (not tinned in oil)	Shellfish Fried fish in suitable oil Fish paste	Fish in batter or breadcrumbs and commercial sauce Fish roe, taramaslata
BREAD & CEREALS	Bread, flour (preferably wholemeal) Breakfast cereals (preferably wholegrain eg Weetabix), Shredded Wheat Porridge oats, crisp breads Muffins, pita breads	Fruit malt loaf, currant buns Home made pastry, cakes, scones and biscuits using polyunsaturated fat and wholemeal flour	Biscuits and cakes (bought or made with unsuitable fat) Crackers, croissants, bought pastry
FRUIT & VEG	All fresh, frozen and tinned vegetables, Walnuts, hazelnuts Potatoes (with skins) Pulses – peas, beans and lentils Fruit, fresh tinned or dried	Chips and roast potatoes cooked in suitable oil	Chips and roast potatoes cooked in unsuitable oil Crisps and savoury snacks Coconut Palm nuts
DESSERTS	Skimmed milk puddings and custard Jelly, sorbet, frozen yoghurt dessert Fruit puddings with suitable ingredients	Ice creams – occasionally or crumbles and pies made with suitable fat and wholemeal flour	Tinned whole milk puddings Suet pudding, bought pies and tarts
SWEETS, PRESERVES & SPREADS	Vinegar, herbs, spices, Bovril, Marmite, bottled sauces, sweet pickle, mustard	Boiled sweets, fruit pastilles and gums, mints, liquorice, Jams, marmalades, honey, sugar Pure peanut butter, Flora and reduced calorie salad dressings	Chocolate, toffee, fudge, carob, lemon curd, mincemeat, Peanut butter with added vegetable fat Salad creams, mayonnaise
DRINKS	Tea, coffee, natural fruit juice, squash and fizzy drinks (low calorie) Clear soup,	Packet soups, Alcohol, Sweetened juices, squash, fizzy drinks	Cocoa and malted milk drinks, eg Horlicks, Cream soups. Advocaat, Malibu and Cream Liqueurs