

## Hints for limiting fat in your diet

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### Meat/Poultry



- > **Trim** the fat off meat and take the **skin off** the chicken, turkey, quail and pigeon **before** cooking.
- > Use **lean** cuts of meat (eg lean pork fillets, veal) and **skinless** chicken and turkey in cooking.
- > **Avoid fatty meats**, eg salami, mortadella, sausages. **Choose lean** varieties such as ham, turkey and chicken breast.
- > Buy **lean** minced meat; **avoid** the **fatty** cheaper mince.

### Healthy cooking methods

- > Roast on a rack, **without adding oil**. When roasting on a rack in the oven add a little water in the bottom of the pan while cooking to stop the meat from drying out.
- > When stewing or boiling meat or chicken, **trim** all visible fat off **before** cooking.
- > Barbecue or grill meat on a grill so the fat drips away. **Avoid frying** in oil, use a non stick frying pan or saucepan. **Marinate meat** in wine, lemon juice, tomatoes, herbs, garlic and spices instead of using oil.
- > When making stock for soups, boil the meat or chicken earlier that day, place the stock in the refrigerator and allow to cool. **Skim the fat** from the top and use the remaining stock for the soup.
- > **Eat more fish**. Grill, boil, steam or bake fish in alfoil, add lemon juice, tomato and herbs for flavour. **Avoid frying** in oil. Choose canned fish (tuna, sardines, anchovies) in brine or water. If canned fish is in oil drain all oil before eating.
- > **Steam, boil or microwave** vegetables, avoid adding oil afterwards. When baking vegetables put them in a separate oven tray and baste with a little oil. **Avoid frying** vegetables in oil.



## Fat

- > **Reduce** the amount of oil and margarine in cooking, baking, on salads, vegetables and on bread. Use more herbs, lemon juice and vinegar on salads and vegetables.



- > **All oils** (eg olive, canola) are **high in fat** and calories. Too much oil in your diet can contribute to weight gain. Aim for no more than 2-3 tablespoons of oil over one day.



- > Olives produce olive oil and therefore in large amounts are high in fat. **Limit** olives to 8-10 per day.



- > **Limit** nuts (eg almonds, walnuts, peanuts) as they are all high in fat. Try dried chick peas instead.



## Dairy products

- > Use **low fat** milk, yoghurt, cheese and ice-cream.



- > **Limit** continental cheeses to a small piece one to two times a week as they are high in fat. **Try ricotta cheese**, it is low in fat. When adding cheese (eg Parmesan) to pasta limit to 1 tablespoon.



- > **Avoid cream** sauces on pasta choose tomato based varieties.



## Increase fibre

- > Add vegetables and legumes to soups and casseroles and **use less meat**.



- > **Limit bread** to 1-2 slices with your meal and choose wholegrain varieties. Avoid bread with pasta or rice meals.



**Aim to include 3 regular meals per day, avoid skipping any meals.**

### For more information

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