

Hints for limiting fat in your diet

Meat/Poultry



- > **Trim** all visible fat off meat **before** cooking. Use **lean** cuts of meat (e.g. lean pork fillets, veal, chicken breasts).
- > Take the **skin off** the chicken, duck or quail before cooking.
- > **Buy lean** pork, chicken or beef mince.
- > **Avoid fatty meats**, eg Chinese sausages, roast pork or roast duck. **Choose low fat** varieties such as ham and chicken breast.
- > **Limit** meat high in cholesterol, e.g. liver, tripe, kidney and tongue.

Healthy cooking methods

- > **Grill or barbeque** meat on an open grill so the fat drips away.
- > When boiling or steaming meat **trim all visible fat** off before cooking
- > **Roast meat on a rack** in the oven without adding oil. Add a little water in the bottom of the pan to keep the meat moist while it is cooking.
- > 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, add lemon juice and herbs for flavour. Choose canned fish in brine or water not oil.
- > **Avoid battered or deep fried** foods and dishes marinated in sweet sauces.
- > When stir-frying meat or vegetables use a wok or frying pan with a non-stick surface and **limit the amount of oil** you add to about 1 tablespoon (marinate meat in oyster, fish, soy sauces, herbs, garlic and spices).



Fat

- > If you use margarine on bread **use it sparingly.**



- > All oils (e.g. peanut, sesame, vegetable) 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.



- > Limit nuts (e.g. peanuts, cashews) as they are all high in fat.



Dairy products

- > Use **low fat** dairy products, e.g low fat milk, cheese, yoghurt, calcium fortified soy milk.



Rice and noodles

- > When buying instant noodles choose the **low fat varieties** (e.g. Maggi 99% Fat Free 2 Minute Noodles, or Fantastic 98% Fat Free Happy Noodles).



- > Avoid fried rice as it is higher in fat. Choose boiled or steamed rice. Try and use Basmati or Doongara Clever rice for cooking as it is more slowly digested and has less effect on blood sugar levels than normal long grain rice like Jasmine.



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

For more information

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