

cut back fat

Easy ways to lower the fat in your family's diet



for more info
search online for
Change4Life

change
4  life

Eat well Move more Live longer

cut back fat

Here are a few simple ways you can start going easy on the fat right away:

1. Cut down

Many snack foods are high in fat and should be seen as a treat. Try to limit the amount of crisps, buns, cakes, pastries and biscuits your kids eat.

2. Look for lower

Compare food labels and choose lower fat spreads and lower fat varieties of dairy foods such as semi-skimmed milk, lower fat yoghurts and reduced fat cheese. Sausages and burgers are generally high in fat, so try looking for lower fat meat such as skinless chicken or lean mince. And it doesn't necessarily have to be expensive – try turkey (without the skin on) or turkey mince. Remember, children under 2 should have full fat dairy products. From age 2 you can gradually introduce lower fat foods providing they are a good eater and growing well.

3. Change your cooking

Cutting off any visible fat from meat and skin from poultry before cooking and draining off fat after cooking are easy ways to cut down on fat. Grilling meat instead of frying it is a great idea too.

4. Make a swap

Making a swap is easy to do and means you don't have to miss out.

Try switching to oven chips rather than deep frying them, or having a dollop of yoghurt (frozen or fresh) or sorbet instead of having cream or ice cream.