



Visit 3

Focus on fat

Why eat low fat foods?

One gram of fat has more than twice the calories of one gram of carbohydrate. So a high fat food will almost always have more calories in it than a high carbohydrate food of a similar size or weight.

People tend to eat a constant amount of food and mainly judge food portion sizes by eye. So by choosing lower fat foods, you can eat a similar amount of food but still consume fewer calories.

High fat diets are more likely to lead to weight gain than high carbohydrate diets. Eating more starchy high fiber foods, fruits and vegetables and less fat can help with weight loss.

Eating a diet low in fat and high in starchy high fibre foods, fruits and vegetables is the best way to get the balance right.

**1g fat = 9 kcal
1g carbohydrate = 4 kcal
1g protein = 4 kcal
1g alcohol = 7 kcal**

Finding the fat in food

The food labels and ingredients lists on food products can help you work out how much fat there is in different food products. Have a look at the Clinic visit 5 section of this booklet called '*Confused About Food Labels?*' for more information.

Some typical examples of foods with a lot of fat in them are: pies, pastries, biscuits, cakes, crisps and savoury sauces. These are called hidden fats.

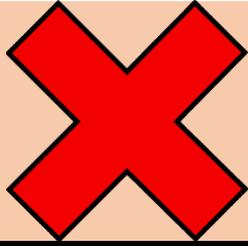
Some fats are healthier than others

All types of fat contain the same amount of calories so switching from one type to another will not help you lose weight. Only *reducing* the amount of fat you eat can do that.

However, limiting the amount of saturated fat (animal fat) you eat is better for you.

Replace saturated fats such as ghee and butter with small amounts of healthier fats such as pure vegetable oil (rapeseed), olive oil, sunflower oil, corn oil

FAT POSTER



Hidden fats

Look at how much fat can be hidden in some foods. To cut down your fat, choose some of the lower fat alternatives.

If you choose this HIGH FAT product			SWITCH to this LOW FAT alternative			
Food	Amount	Contains this amount of fat (g)	Food	Amount	Contains this amount of fat (g)	
Vegetarian	Samasa	1	30	dhokala	1	5
	Pakora	5-6	40	roasted sweet potato	100	0
	pattie	1	30	sprout chat	100g	0
	potato chat	150g	40	bhel puri	150g	2
	Dal vada	1	30	boiled chana chat	150g	5
	bread roll	1	40	Roasted chana	1	0
	fried peanuts	30g	40	Almonds	6-8	5
	bread pakora	1	30	Besan Cheela	1	10
	matti	20g	30	Soya chop	100	5
	Haldiram namkeen	30 g	40	Paneer Tikka	2-3pcs	10
	kachori	50	30	Plain popcorn	20g	5
Non-vegetarian	fried chicken	150g	50	Boiled egg	1	2
	Fish in batter	120g	20	Plain Fish (grilled/baked)	120g (4 oz)	0
	chicken egg roll	2	30	Fish fingers (grilled)	4	10
	Egg (fried)	1	20	Egg (poached)	1	10
	Kebab chicken	2	30	Chicken no skin (roasted)	90g (3 oz)	5
	Chips (thin)	100g	20	Oven chips	100g	5
	Mutton kebab	1	20	Paneer & vegetable stew	Portion	10
	Fried breakfast	1 egg, 2 rashers bacon, 1 tomato, 1 slice fried bread	60	Grilled breakfast	1 poached egg, 1 grilled rasher bacon, 1 tomato + 1 slice toast	25

Traditional foods

Losing weight isn't about giving up your traditional dishes. It's about making small, healthy changes. Use the guide below to make your choices healthier.

	Traditional	Swap for this
Starches	Paratha,puri,kachori Pulao,Biriyani Fried potatoes Potato curry	Chapatti,pitta bread,idli Boiled basmati rice Potatoes-prepared with minimal oil Mixed vegetable curry
Fruits	Canned fruit in syrup Tinned mango pulp Dried fruit	All fresh fruits Fruit salad with fresh mango pulp Small amounts of dried fruits
Vegetables	Creamed or fried vegetables Oily pickles	All vegetables cooked with minimal oil More vegetables instead of potatoes in the veg curry Fresh pickle/fresh chutney(green/red)
Protein	Dal made with ghee Paneer Cheese Butter chicken Fried kebabs Lamb curry Goat/mutton curry Fried fish	Dal made with small amounts of unsaturated oil Tofu/Low fat cheese Grilled chicken tikka or tandoori chicken Lean saag lamb(lean cut bulked with spinach) Baked/grilled masala fish
Dairy	Whole milk and its products Raita with boondhi Kheer Kulfi	Semi-skimmed/skimmed milk Low fat raita with cucumber Kheer made with skimmed milk and less sugar Shrikhand made with low fat Greek style yoghurt
Fats	Butter,ghee,cream, Coconut oil,coconut milk	Small amounts of pure vegetable (rapeseed),olive, sunflower, corn oil
Snacks	Fried Chevda, sev,gathia,dal moth,fried Namkeens, Potato chips vada,pakorras,samosas Fried moong Dal vada Fried papad Fried salted nuts Sweet or mango Lassi Sweet biscuits,Cookies, cakes, mithai	Plain puffed rice (mamra) with spices Chevda made with 1 part chevda mix and 3 parts puffed rice and spices (Bhel puri), Dry roasted chick peas Roasted corn on the cob Roasted sweet potato chaat Popcorn (unsalted) Microwaved or grilled papad Handful of mixed unsalted dry fruits Fresh sprouted moong beans Dhokla, Khadvi Fruit –all types Plain lassi made from low fat curd, Fruit chaat

Tips to reduce fat

- Avoid frying foods when possible. Microwave, steam, poach, bake, boil or grill instead
- If you use oil, measure what you're adding with a spoon instead of pouring it straight from the container. Oil spray bottles enable you to use a fraction of the oil you would normally use.
- Add water or lemon juice if the onions stick to the bottom of the pan. Invest in a good quality non-stick frying pan if you make tarka/vagar.
- Removing oil that settles on top of the cooked curry
- Add extra vegetables and pulses such as peas, beans or lentils.
- Remove the skin from poultry and trim any visible fat from meat before cooking. Red meat such as lamb, beef, mutton and goat meat can be high in saturated fat, so use lean cuts out.
- Use low fat products where possible.
- Choose a low fat or curd spread instead of butter.
- Use double toned or toned milk instead of full fat and use low fat curd instead of the full fat versions. (You can still make your own curd. For a creamier taste add a tablespoon of dried skimmed milk powder)
- Switch to home-made paneer from toned milk made at home.
- Avoid adding ghee or oil to your chapatti dough and spreading fat on cooked chapattis
- Pizzas, samosas, pakoras and other fast foods are high in fat. Only eat them occasionally as with all types of mithai and savoury Indian snacks
- Chips, chocolate, biscuits and rich cakes are high energy and high fat foods. Try and find alternative snacks such as low fat yoghurt, crackers, rice cakes, fruit and raw vegetables.
- Avoid deep-fried

- Use lemon juice, vinegar, herbs, spices, and tomato juice or low fat curd instead of salad cream or mayonnaise
- If you are eating out try and choose foods that are not fried and that are not covered in dressing. Restaurant and convenience foods tend to be high in salt and fat
- Avoid spreads such as chocolate spread and peanut butter. Try and use jams or marmalade instead. These are a good source of energy with a low fat content.

Zero oil method of cooking curries

- Heat a non-stick heavy pan (kadhai)
- Dry roast jeera (cumin seeds) until it crackles and turns brown
- Add ground onion in the pan and keep roasting. When it starts sticking, add a small amount of water and keep stirring
- Add ginger and garlic paste (as per your recipe)
- Roast the onion, garlic, ginger until it turns brown. Do not add more water as it will dilute the taste
- Then add the required amounts of pureed tomatoes
- Stir and cook for a few minutes and add the turmeric and other spices according to taste
- Your zero oil masala is now ready!

Visit 3: Personal Target Setting

Date	Weight	Waist Circumference

Targets Set	Target Met
1.	
2.	
3.	
4.	
5.	
6.	

You may find it useful to ask yourself the following questions to help you achieve the above targets:

How will I go about achieving this target?

How will I know if I have met this target? Is it realistic for me to achieve this target in the amount of time I have available?