



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

Some typical examples of foods with a lot of fat in them are: Samosa, pakora, fried eggs, paratha, French fries, French toast. Most packaged food contain hidden fats.

Curries contain a huge amount of fat. Gravy curries contains more fat than dry curries. Scoop off the oil from the top before you eat it. And measure out the oil when you make a curry.

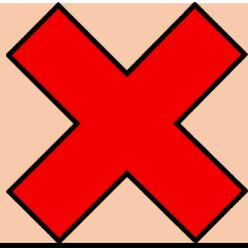
Some fats are healthier than others

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 cooking 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)
Fried fish	2 oz	50	Steamed fish	2 oz	10
Pakora	1	60	Gram flour chapatti	1	5
pickle in oil	1/8th cup	10	Pickle in vinegar	1/8th cup	0
Fried organ meats (chicken)	(3 oz)	20	Baked/grilled Breast	(3 oz)	10
Chicken sandwiches with regular mayonnaise	1	25	Vegetable sandwich with no mayonnaise	1	0
Falooda	1 glass	20	Low fat shake	1 glass	5
French fries	10 each	50	Baked potatoes	3 ounce	5
French toast	1	35	Bran bread with boiled egg	1	5
Egg (fried)	1	20	Egg (poached)	1	10

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, Boiled basmati rice Potatoes-prepared with minimal oil Mixed vegetable curry
Fruits	Canned fruit in syrup Dried fruit Trifle fruit dessert	All fresh fruits Fruit salad Small amounts of dried fruits
Vegetables	fried vegetables Oily pickles	Raw vegetables (salad) All vegetables cooked with minimal oil or oil free More vegetables instead of potatoes in the veg curry Dry pickle, green chutney
Meat and alternatives	Dahl made with ghee Nihari (curry cooked beef shank or lamb shankwith bone marrow) Paneer Cheese Butter chicken Fried kebabs Lamb curry Goat/mutton curry Fried fish Cooked brain Paya	Dahl made with small amounts of unsaturated oil /Low fat cheese or home made cottage 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 Rasmali Buttermilk or Lassi (with added sugar and butter)	Skimmed milk Low fat raita with cucumber Kheer made with skimmed milk and less sugar Custard made with low fat milk
Fats	Butter,ghee,cream, desi ghee	Small amounts of vegetable/olive/sunflower/corn oil
Snacks	pakorasa,samosa Fried papad Fried salted nuts Sweet or mango shake Sweet biscuits, cakes, mithai, Halwa, fried kebab, paties, pizza, Jalebi	Boiled potato chat, whole wheat pasta, corn on the cob Boiled potato chaat Popcorn (unsalted) Handful of mixed unsalted nuts Fruit –all types Plain lassi made from low fat yoghurt Fruit chaat Oatbiscuit, crackers with tomato salsa or cottage cheese

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 turka/vagar.
- Skim off any oil that settles on top of the cooked curry
- Use smaller portions of meat and add extra vegetables, potatoes and pulses such as peas, beans or lentils.
- Remove the skin from poultry and trim any visible fat from meat before cooking. Choose breast instead of thighs.
- Red meat such as lamb, beef, mutton and goat meat can be high in saturated fat, use lean cuts only.
- Brown meat in a non-stick pan, drain excess fat from the cooked meat. Then add some turka of cooking oil if necessary.
- Use low fat products where possible.
- Don't use extra fat (butter/oil) on chapatti or in curry
- Dry roast your toast
- Use low fat milk and low fat yoghurt. Boil and cool the milk, take off the fat and then make yoghurt
- Switch to lower fat paneer or cottage cheese instead of Cheddar cheese.
- 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 Pakistani snacks
- Crisps, chocolate, biscuits and rich cakes and nimko are high energy and high fat foods. Try and avoid these.
- Avoid fish deep-fried
- Use lemon juice, vinegar, herbs, spices, and tomato juice or low fat yoghurt 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.
- Always keep a chopped salad in the fridge so that you can snack when you get to the fridge.
- Use yoghurt instead of oils on a salad.

Zero oil way of cooking curries

- Heat a non-stick heavy pan or cast-iron 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 tinned 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?