



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: short-eats, pastries, biscuits, cakes and mixtures and sweets (give local examples). These are called hidden fats.

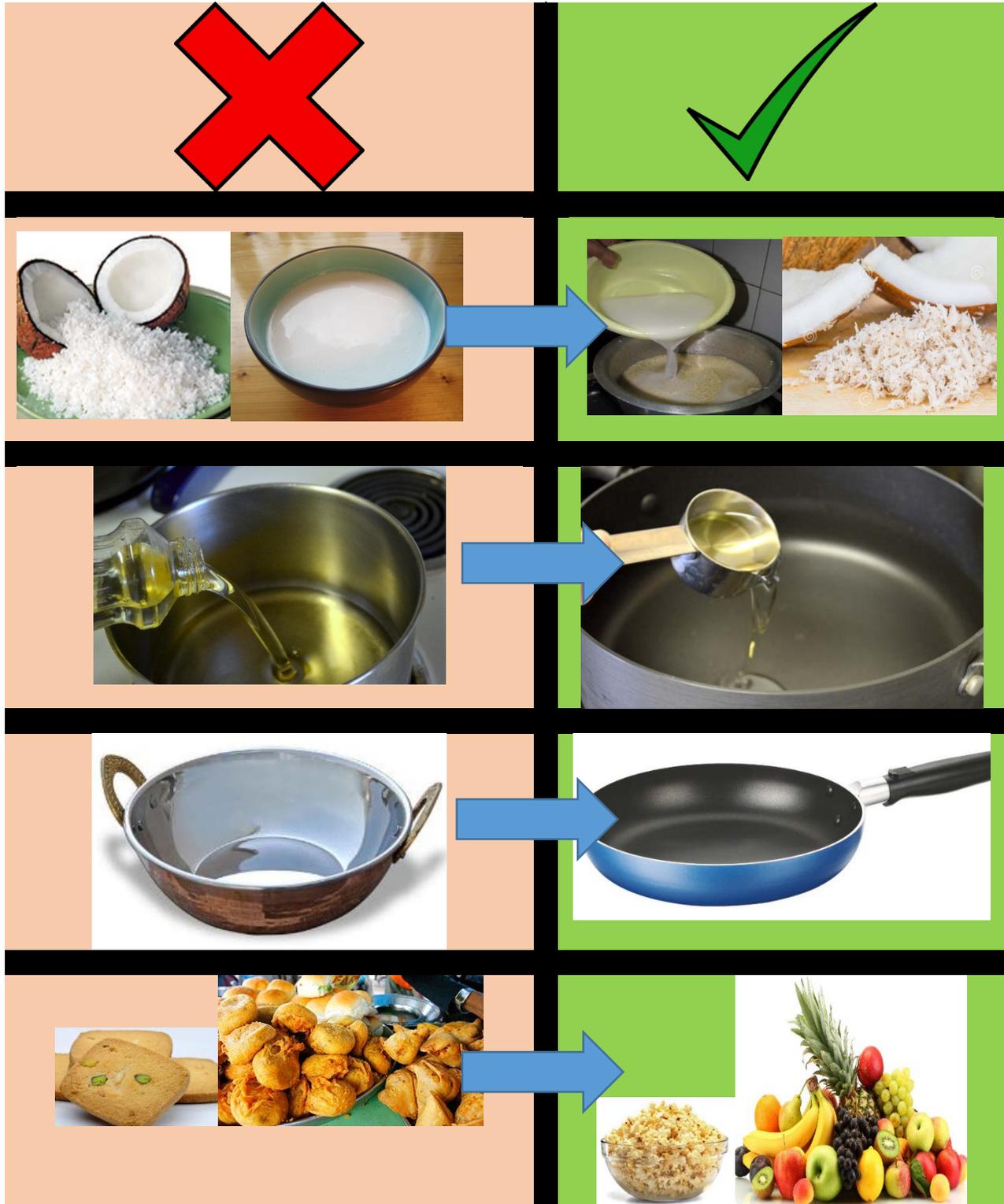
Some fats are healthier than others

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.

Desserts

If you are craving for dessert, eat a small cup of yoghurt instead of curd and treacle.

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)
Pork	100	10.6	Egg white	1	0.1
Beef	100	7.7	Skinless Chicken (boiled)	100	1.8
Mutton	100	24.5	Boiled Fish	100	1.1
Sausages	100	14.3			
Egg yolk	1	8			
Curd	200	20.6	Non fat Yoghurt	1	0.1
Full cream milk	200ml	7.3	Non-fat liquid milk (pasteurized or sterilized)	200ml	0.4
Cheese	50g	16	Green apple	100	0.19
Butter	10g	8.1	Wood apple	100	3.7
Peanuts	20g	9.85	Guava	100	0.95
Cashew	20g	8.75	Mango(raw)	100	0.38
Biscuits/cookies	1	0.7			

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	Milk rice, White rice, White Bread, String hoppers, Hoppers, Noodles	Red rice, Brown bread, parboiled rice, red kidney beans
Fruits	Bananas, dates, raisins, avocado, Jack fruit,	Green apple, Guava, Veralu, Mango(raw), Wood apple, local fruits
Vegetables	Carrots, beetroot, coconut sambol, Brinjol Moju, Tempered Potatoes	Vegetable curry with less coconut milk and oil
Meat and alternatives	Pork, beef, mutton, egg yolk/fried egg	Egg white, boiled fish, boiled chicken,
Dairy	Curd, full cream milk powder, fresh milk	Non fat milk powder, Non-fat yoghurt
Fats	Peanuts, Cashew, butter, cheese	Fruits
Snacks	Biscuits, Wade, Pastries, mixers/bites, short eats, cakes, Kavum, Aluva,	Fruits, Popcorn

Tips to reduce fat

- Avoid frying and tempering foods when possible.
- If you use oil, measure what you're adding with a spoon instead of pouring it straight from the container.
- Remove the skin from chicken and trim any visible fat from pork before cooking.
- Dilute coconut milk when cooking
- Use low fat or non fat liquid milk instead of full cream liquid milk
- If you are using low fat powdered milk remember to control the portion, otherwise you'll still be consuming many calories
- Pizzas, samosas, egg roti, wadey and other short eats and fast foods are high in fat. Only eat them occasionally.
- Biscuits and cakes are high energy and high fat foods.
- Only eat batter fried fish on occasion
- Crisps, chocolate and biscuits are high energy and high fat foods. Try and find alternative snacks such as low fat yoghurt, crackers, fruit and raw vegetables.
- Avoid fish deep-fried in batter
- Use lemon juice, vinegar, herbs, spices, and tomato juice or low fat yoghurt to add flavor to foods instead of high fat alternatives
- 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

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?