

This approach to weight loss follows general healthy eating guidelines, focusing on reducing fat intake.



Since fat has the most calories per gram (9kcal), cutting back can help lower your calorie intake. It can also help reduce cholesterol, which in turn lowers the risk of heart disease.

The main types of fat are:

Saturated fat:

- Found in animal products (meat, dairy) and some oils (palm, coconut). Limit these as they raise cholesterol.

Unsaturated fat:

- Found in plant oils and fish. Replacing saturated fat with unsaturated can lower heart disease risk.

Mono & Polyunsaturated fats:

- Healthier fats found in foods like salmon, nuts, olives, and avocado. These should replace saturated fats in your diet.

A small amount of fat is essential for energy, vitamin absorption and is a source of fatty acids.

What can I eat?



Wholegrain foods

Oats, wholegrain bread, pasta and rice.



Fish

White fish - haddock, cod.
Oily fish - salmon, mackerel & sardines.



Fruit & vegetables

Try to eat at least 5 portions a day.



Lean meats

Skinless chicken, turkey. Pork & beef with visible fat removed.



Lentils, beans & pulses

Source of lean protein, low fat & high fibre.



Dairy

Opt for low fat - skimmed milk, reduced fat yoghurts & cheese.

What food should I avoid?



Animal fats

Foods containing animal fats - butter, cheese, cream, dripping and lard.



Red & processed meats

High in saturated fats - beef, sausages & bacon etc.



Processed foods

Pies, crisps, hot dogs, sausages, fast foods, pizzas & takeaways.



Fried food



Chips, chicken strips, halloumi fries, etc.



A great weight loss tip is to keep a food diary. Apps like MyFitnessPal make it easy, letting you set goals and track the full nutritional breakdown of what you eat.

As a guide, men need around 2,500kcal a day to maintain a healthy body weight, and women need around 2,000 kcal a day.

To lose 1–2 lbs (0.5 to 1 kg) per week you need to reduce your calorie intake by 500–600 kcal per day.

	Recommended daily allowance (kcal)	Low calorie daily allowance (kcal)
	2500	1900-2000
	2000	1400-1500

Tips to reduce your fat intake

At home

- Grill, bake, or steam instead of frying or roasting.
- Measure oil with a teaspoon to control usage.
- Trim visible fat from meat and remove poultry skin before cooking.
- Reduce meat intake by adding more vegetables or using beans and pulses to bulk up dishes.
- Use reduced-fat spreads made from olive or sunflower oil instead of butter.
- Swap beef mince for turkey or Quorn mince.

Eating out

- Ask for dressings or sauces on the side to control portions.
- Avoid items labeled "fried, sautéed, roasted, or crispy," as they're often cooked in oil.
- Choose tomato-based sauces over creamy or cheesy ones.



Apps like Change4Life have a food scanner that lets you scan barcodes to see how much saturated fat is in a product, helping you make healthier choices!

Food labelling

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

Nutritional info is usually on the back or side of packaging, with a traffic light label on the front. It shows the energy (in kJ or kcal), fat, and saturated fat per serving or 100g.

BE AWARE!

Foods advertised as low fat can be high in sugar, so always check the label—anything over 22.5g of total sugar per 100g is considered high.

These reference ranges show you what is high or low in total and saturated fat.

Total Fat	High	=	More than 17.5g of fat per 100g
	Low	=	3g of fat or less per 100g
Saturated Fat	High	=	More than 5g of saturated fat per 100g
	Low	=	3g of saturated fat or less per 100g