

# *How to Reduce the Intake of Bad Fats*

Use lower fat versions of dairy products, eg semi-skimmed or skimmed milk, reduced fat cheese or use fewer full-fat products.

Use meats low in fat, eg chicken (without skin) and lean cuts of meat. Remove visible fat and skin where possible.

Use less fat in cooking and use low-fat spreads for bread.

Grill and bake foods instead of frying and roasting.

To reduce the amount of saturates in the diet, lower fat options should be chosen and fats/oils richer in monounsaturates (eg olive oil, rapeseed oil) or polyunsaturates (eg sunflower oil, corn oil) should be used sparingly as substitutes.