



	What to avoid...	Try to replace with...	But try to choose...
<p>Fats</p> <p>The amount of fat in your diet should be limited</p>	Butter, lard, coconut oil, hydrogenated fats, salad cream, full fat mayonnaise, soy sauce, salt, garlic salt, crisps.	Unsaturated oil spreads, low calorie salad cream/ mayonnaise, low fat crisps, reduced fat hummus.	Spreads with plant sterols/stanols, monounsaturated oils, salad dressings made from lemon, vinegar, herbs etc.
<p>Sugars</p> <p>All sugary things should be eaten in moderation</p>	Chocolate, fudges, toffees, chocolate biscuits, shortbread, sweets, cakes.	Low fat ice cream, fruit-based puddings, home-made cakes & puddings made with lower fat alternatives to butter	Plain popcorn, unsalted nuts, tea cakes, sugar free jelly, sorbet, plain biscuits.
<p>Dairy</p> <p>Important to contribute to the intake of calcium</p>	Full fat milk evaporated or condensed milk, thick and creamy yoghurt, high fat cheese e.g. mascarpone, gouda, full fat spread.	Semi skimmed milk, half fat Greek yoghurt, feta cheese, edam, reduced fat cheese spread.	Skimmed milk, cottage cheese, fat free Greek, fruit & natural yoghurt, fat free cheese spread, soya milk.
<p>Meats</p> <p>Eat a variety of low fat meat options 2-3 days per week for a balanced diet</p>	Fatty cuts of meat, belly pork, frankfurters/fatty sausages, salami, chorizo, pate.	Reduced fat mince, low fat sausages, meatballs, lamb.	Skinless chicken & turkey, lean minced beef, turkey mince, rabbit.
<p>Fish</p> <p>A vital source of omega-3 fatty acids</p>	Deep fried fish, fish in creamy/cheesy sauces, seafood cocktail.	Canned fish in oil, fish fingers, fish cakes, lobster, oysters, mussels.	White fish e.g. cod, haddock, plaice, mackerel, tuna, salmon.
<p>Carbohydrates</p> <p>can be a great source of energy when eaten in moderation</p>	Excessive amounts of white bread, salted crackers, fried and salted potatoes, cereals with high sugar content	Seeded & mixed grain bread, roasted potatoes, reduced sugar content cereal	Wholemeal bread, boiled, baked & mashed potato, porridge oats, shredded wheat cereal, bran flakes
<p>Fruit</p> <p>A vital source of vitamins and minerals</p>	Canned fruit in syrup e.g. tinned peaches	Canned fruit in natural juice	All fresh or frozen fruit, dried fruits e.g. oranges, bananas, apples, frozen berries
<p>Vegetables</p> <p>Important source of minerals and fibre</p>	Coleslaw, chips, roast potatoes cooked in solid fats, fried vegetables e.g. onion rings	Reduced fat coleslaw, oven chips, potatoes cooked in unsaturated fats	All fresh or frozen vegetables e.g. carrots, peas, broccoli, beans, tinned vegetables in water, vegetable-based soups