

Community Endoscopy Service

Advice Sheet for Patients

Low Fat Diet, General Guidelines

It is essential for your health that you reduce the intake of fat in your diet. You may have suffered abdominal pain or discomfort on eating certain foods. These guidelines help you to identify foods with a high fat content, so enabling you to enjoy your meals.

1. **DO NOT FRY FOODS** – or add fat during cooking – grill, bake, steam, roast, boil or microwave instead.
2. Choose **LEAN** cuts of meat and remove ‘visible’ fat before cooking to avoid the temptation of crispy cooked fat e.g. pork crackling and skin of poultry.
3. **AVOID** ‘hidden’ fats e.g. cakes, pastries, pies and fatty meats.
4. Try to use more **WHITE FISH** and **POULTRY** and less meat in stews and casseroles by adding beans and lentils.
5. Use tomatoes, herbs, low fat yoghurt or cottage cheese rather than cream and cheese when making a sauce.
6. Take **FRESH FRUIT/ DRIED FRUIT** as a snack rather than crisps, biscuits, sweets or chocolate. Have fruit (fresh, stewed or tinned in natural juice) and/ or low fat yoghurt, instead of sponge puddings and pies.
7. Add variety by flavouring foods with lemon juice, vinegar, herbs and spices.
8. Read **LABELS** carefully and avoid prepared convenience foods with a high fat content.
9. You can eat away from home provided you choose low fat foods. If you do not choose sensibly you may have a recurrence of your symptoms.
10. If you feel hungry, fill up on wholemeal bread, wholegrain cereals, fruit and vegetables. If you are not overweight, sugary and sweetened foods may be taken as well. If you lose a lot of weight, contact your dietician.

N.B. If your symptoms persist, please ask your doctor to refer you to a dietician for further advice.