



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Low Fat Diet

Information for patients, relatives and carers

① For more information, please contact:

Department of Nutrition and Dietetics

Scarborough Hospital

Tel: 01723 342415

Woodlands Drive, Scarborough, YO12 6QL

The York Hospital

Tel: 01904 725269

Wigginton Road, York, YO31 8HE

Contents	Page
Low fat diet.....	4
Helpful hints to help lower fat intake	5
High and lower fat foods.....	6
Useful contacts	10
Tell us what you think of this leaflet	11
Teaching, training and research.....	11
Patient Advice and Liaison Service (PALS).....	11

Low fat diet

If you are experiencing symptoms of diarrhoea or loose stools following eating, reducing the amount of fat in your diet may help to improve these symptoms. It is difficult to completely avoid all high fat foods.

You should try a low fat diet for at least four weeks.

Food labelling

Try to reduce the amount of high fat foods in your diet and replace with lower fat alternatives. In general when looking at food labels:

- Foods containing more than 20g fat per 100g are high in fat.
- Foods containing less than 3g fat per 100g are low in fat.

Helpful hints to help lower fat intake

- Try to choose lean cuts/reduced fat meats.
- Trim off visible fat from meats, remove skin from poultry and drain off fat from cooked meat.
- Try to avoid fried foods, especially deep fried.
- Use only small amounts of fat or oil in cooking – boil, steam, grill, or braise instead of frying or roasting.
- Reduce the amount of fat or oil added to food, for example butter to vegetables, spread on bread and oil in dressings.
- Use lower fat alternatives, for example reduced fat spread and lower fat milk.
- Eat fewer foods that are high in fat, for example cakes, biscuits, pastry and chocolate.
- Using the following table as a guide, you are advised to select most of your food from the lower fat foods section and minimise foods from the high fat foods section.

High and lower fat foods

Food Group	High Fat Foods	Lower Fat Foods
<p>Starchy foods e.g. bread, potatoes, pasta and rice</p>	<ul style="list-style-type: none"> • Fried bread, • Fried rice dishes • Pilau rice • Fried chips • Fried or roast potatoes • Potato croquettes • Fried noodles • Pizza • Yorkshire pudding (made with whole milk) • Dumplings • Pastries e.g. croissants, quiche, tarts 	<ul style="list-style-type: none"> • Bread, baguette, bagels, chapatti, pitta, flour tortilla wraps, • English muffin, crumpet, crispbreads and rice cakes • Boiled rice and couscous • Boiled pasta and noodles • Baked and boiled potatoes • Oven chips • Breakfast cereals and porridge • Maize, cornmeal and polenta

Food Group	High Fat Foods	Lower Fat Foods
Fruit, vegetables, beans and pulses	<ul style="list-style-type: none"> • Fried fruits and vegetables • Fruits and vegetables in sauces e.g. cheese, cream, butter or batter • Avocado 	<ul style="list-style-type: none"> • Fresh, tinned, frozen fruit and vegetables • Fruit juice • Dried fruit • Beans and pulses e.g. baked beans, chickpeas, kidney beans, butter beans, lentils
Milk, dairy foods and eggs	<ul style="list-style-type: none"> • Full fat milk • Whole condensed milk • Cheese • Full fat creamy yogurts • Greek yogurt • Cream cheese • Crème fraiche • Cream • Scotch eggs 	<ul style="list-style-type: none"> • 1% fat, semi-skimmed or skimmed milk • Reduced fat cheese • Low fat/fat free yogurt • Fromage frais • Cottage cheese • Reduced fat crème fraiche • Reduced fat cream cheese • Eggs (not fried)

Food Group	High Fat Foods	Lower Fat Foods
Meat, fish, beans, & other non dairy sources of protein	<ul style="list-style-type: none"> • Fatty meat or mince • Poultry with skin • Meat curries • Sausages and bacon • Corned beef Chorizo pâté and salami • , luncheon meat, haggis, liver sausage and black pudding • Duck and goose • Meat pies/pastries including sausage rolls • Kipper and mackerel • Fish canned in oil • Fried/battered fish • Taramasalata 	<ul style="list-style-type: none"> • Lean meat and poultry • Liver and kidney • All white fish and shellfish • Pilchards in tomato sauce, smoked/tinned salmon and tuna • Quorn and tofu
Nuts and Seeds	<ul style="list-style-type: none"> • Nuts and seeds • Peanut butter • Coconut 	<ul style="list-style-type: none"> • Chestnuts

Food Group	High Fat Foods	Lower Fat Foods
Snacks and puddings	<ul style="list-style-type: none"> • Biscuits • Cakes • Chocolate • Crisps and potato snacks • Ice cream 	<ul style="list-style-type: none"> • Plain biscuits e.g. Rich Tea • Plain or fruit scones, teacakes • Boiled sweets, pastilles, peppermints and gums • Sorbet
Fats and oils	<ul style="list-style-type: none"> • Butter • Oils • Dripping and lard • Margarine 	<ul style="list-style-type: none"> • Reduced fat spread
Miscellaneous	<ul style="list-style-type: none"> • Mayonnaise and salad cream • Suet pudding • Full fat milky drinks • Cream liqueurs 	<ul style="list-style-type: none"> • Reduced fat mayonnaise, salad cream • Jelly, jams, preserves

Useful contacts

British Dietetic Association

www.bda.uk.com [Accessed October 2022]

Tel: 0121 200 8080

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Admin Team, Nutrition & Dietetic Department, York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 725269, or email nutrition&dietetics@york.nhs.uk

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

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Telephone: 01904 725566

Email: access@york.nhs.uk

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