

Lower fat food options

Here's a brief list of typically high-fat foods and lower fat options to try instead.

Higher fat	Lower fat
Breakfast	
Croissant	Bagel, crumpet, English muffin
Bacon and eggs	Baked beans on toast
Butter on toast	Cereal with skim milk
Snacks	
Potato crisps, nuts	Pretzels, rice crackers
Savoury biscuits	Crisp bread, rice cakes
Doughnut	Low fat muffin, plain sweet roll
Fruit pastry	Fresh fruit, muesli bar
Lunch	
Meat pie	Salad sandwich
Burger with the lot	Chicken salad
Dinner	
Fried steak and chips	Stir-fry with mixed vegetables
Pasta carbonara	Pasta in tomato simmer sauce
Dessert	
Ice cream	Sorbet, low fat custard with banana
Chocolate	Hot chocolate drink
Cake	Fresh fruit salad with yoghurt