

Identifying Fats in your Diet

Fats are the most concentrated source of energy (**1g fat = 9 calories**). It contains twice the calories for an equal amount of carbohydrate or protein. Hence, moderate your intake of fats.



Instead Of This



Fats and oils



Choose This

Use lesser



Fatty meats and poultry skin



Remove visible fats and skin before cooking and eating



Processed meat products



Choose fresh meat and fish



Flavored rice



Choose plain rice or brown rice



Fried noodles



Choose soup noodles





Instead Of This

Roti Prata



Choose This

Chapati, Idli, Plain Thosai



Deep fried foods



Limit to twice a week

Gravies and sauces



Ask for lesser

Coconut milk



Use low fat evaporated/ low fat milk or reduced fat coconut milk



Full cream dairy products



Choose low fat dairy products



Creamer in beverages



Use low fat milk





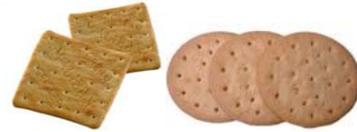
Instead Of This



Biscuits and cookies



***Choose plain biscuits**



Cake and pastries



***Choose plain sponge cake**



Tidbits and snack foods



***Limit intake**



Creamy desserts



***Choose plain desserts**



*** Although these foods are healthier options, they are still high in calories.**

*** Limit your intake to less than 2 times per week.**

Please contact Call-A-Dietitian Hotline 983 22 983 if you have any nutrition-related queries.

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