

<b>Food Group</b>	<b>Suitable Low Fat Foods</b>	<b>High Fat Foods to Avoid</b>
<b>Meat</b>	baked, broiled, grilled or steamed : lean cuts of meats/poultry, Chicken, low fat/non fat deli meat slices	Fried/fatty/heavily marbled meats, organ meats, Lamb, goose, duck, sausage, burgers, corned beef, whole fat processed meats: hot dogs, salami, sausages, etc
<b>Fish</b>	Canned fish in brine, water, or tomato sauce, White fish (e.g. tuna, cod, plaice)	Fish in batter/breadcrumbs, canned tuna in oil
<b>Eggs</b>	Scrambled, poached, boiled	Fried, scotch egg
<b>Fats</b>	Low fat spread	Butter, oil, lard, ghee, suet
<b>Fruit</b>	All dried, canned, frozen, and fresh fruits	Avocado, fried fruits
<b>Vegetables/ Salad</b>	All fresh, frozen, and cooked vegetables. (mashed, boiled, baked potato)	Roasted/fried/stir fried vegetables, Chips, waffles, croquette potatoes, potato salad made with mayonnaise
<b>Meat, Dairy Alternatives</b>	Almond milk and its products, tofu	coconut milk, nuts, nut butters, refried beans, fried tofu
<b>Grains</b>	whole grains: bagels, breads, bran, buns, hot/cold cereals, couscous, low fat crackers, noodles, pancakes, pastas, light butter popcorn, English muffins, rice, corn or flour tortilla, waffles	Curries, fried grains, biscuits, croissants, french fries, fried potato or corn chips, granola, fried rice, sweet rolls, muffins, Naan, croissants, Italian breads, lasagna, quiche
<b>Snacks</b>	Popcorn, rice cakes, crackers, plain pretzels	Onion bhajis, samosas, nuts, crisps, spring rolls, pastries, sausage rolls

<b>Dressings, Sauces, Sugar, spreads, preserves, and seasonings</b>	Tomato ketchup, barbecue sauce, salsa, tomato based sauces, pickle, soya sauce, salt, pepper, herbs, spices, instant gravy, jam, broth, honey, Lemon curd, honey, syrup, treacle, Marmite, Bovril, syrup, mustard, sugar	Mayonnaise, salad cream, oil dressings, hummus, tartare sauce, curry sauce, coleslaw, creamy sauces, gravy made from dripping, Peanut butter, chocolate spread, olives, seeds,
<b>Drinks</b>	Water, tea, fruit juice, squash, fizzy drinks	Beverages with cream (smoothies/fruit drinks made with full cream milk/yoghurt), sodas
<b>Desserts</b>	applesauce, angel food cake, gelatin, fruit ice, popsicles, puddings, sherbet, sorbet, italian ice	fried desserts, brownies, cake, candy, coconut, cookies, custard, donuts, pastries, pies, Ice-cream, custard, pastry desserts, e.g. tarts, gateau, cheesecake