

Saturated Fat Food Swaps

Cut down on high saturated fat food	Swap to lower sat fat or high unsaturated fat options
Fats & oils	
<ul style="list-style-type: none"> » Butter, ghee, lard, suet, duck fat, hard margarines, coconut or palm oils/fats and shea fat (vegan butter) 	<ul style="list-style-type: none"> » Vegetable oils e.g. rapeseed, olive and spreads made from them, including reduced fat varieties
Cooking methods	
<ul style="list-style-type: none"> » Cooking methods such as frying and roasting using large quantities of fats 	<ul style="list-style-type: none"> » Switch over to vegetable oils » Try a fat spray to reduce the quantity of oil used » Try a different cooking method such as dry roasting or using a roasting bag, grilling, steaming or using a griddle
Meat & proteins	
<ul style="list-style-type: none"> » Red meat and other fatty meat » Fatty meat and processed meat products such as sausages, fatty bacon, salamis, canned meat 	<ul style="list-style-type: none"> » Try and incorporate more plant protein foods like beans, lentils, nuts, soya mince, plain Quorn™ and tofu. Use to fully replace or part replace meat in your cooking » Reduce how often you consume red meat and a serving should be no more than 70g cooked weight a day » Remove all visible fat from meat and the skin from poultry » Have fish twice a week – one should be oil-rich » Have meat-free days: use beans, pulses or soya
Processed meat, pies and rolls	
<ul style="list-style-type: none"> » Sausage rolls and meat pies – the meat and pastry can be high in saturated fats 	<ul style="list-style-type: none"> » Opt for potato topped pies instead e.g. cottage and shepherd's pies
Dairy & alternatives	
<ul style="list-style-type: none"> » Full fat milk and yogurts » Canned coconut milk and coconut alternatives to yogurt » Most cheeses » Dairy creams » Coconut alternatives to cream » 'Vegan' cheeses based on coconut or palm fat/oil 	<ul style="list-style-type: none"> » Lower fat milk and yogurts and/or calcium, iodine and vitamin B12 fortified plant-based drinks and yogurt alternatives (not coconut) » Opt for lower, reduced or 'lite' cheeses and reduce portions especially for lower fat hard cheeses, keep to no more than a 30g serving and have less often » Avoid using cream or try a rice or soya plant alternative

Take-aways & fast foods	
<ul style="list-style-type: none"> » Take-aways & fast foods especially creamy or coconut-based curries, pasta dishes with cheese or cream sauces, cheese and or meat topped pizzas, burgers, sandwiches with cheese, processed meat and/or mayo fillings 	<ul style="list-style-type: none"> » Cut down how often you order take-aways or fast food » Opt for lower fat varieties, for example: <ul style="list-style-type: none"> • dry or tomato sauce-based curries • tomato-based pasta sauces with vegetables or fish • thin crust pizzas with vegetable toppings » Look at the label on sandwiches and opt for green/amber for saturated fats – go for those that don't have dressings and are packed with salad and lean proteins such as falafel, chicken, egg and fish
Breads	
<ul style="list-style-type: none"> » Rich breads like brioche, naans, roti/chapattis made with ghee 	<ul style="list-style-type: none"> » Keep to wholemeal or wheatgerm bread, rolls and wraps » Check naans, chapattis and rottis are made without butter or ghee
Cakes and pastries	
<ul style="list-style-type: none"> » Cakes and desserts (especially pastry, cream and butter-based varieties) » Sweet pastries and doughnuts 	<ul style="list-style-type: none"> » Try and reduce how often you have these » Opt for fruit-based desserts e.g. baked/stewed fruit, fruit crumbles (made with an unsaturated fat spread) » Sugar-free jellies with fruit, fruit salad » Plain buns e.g. currant/hot cross and plain or fruit scones » Fruit and low fat/fat-free yogurt or fortified plant-based yogurt alternatives
Biscuits	
<ul style="list-style-type: none"> » Cookies and rich biscuits with chocolate, coconut and/or with fillings 	<ul style="list-style-type: none"> » Plain biscuits e.g. rich tea, garibaldi, ginger nuts
Chocolates & sweets	
<ul style="list-style-type: none"> » All types of chocolate » Sweets (especially toffee and fudge) 	<ul style="list-style-type: none"> » Have less frequently and opt for smaller portions
Savoury snacks	
<ul style="list-style-type: none"> » Crisps » Bombay mix » Sweetened popped corn » Salted or sweetened nuts 	<ul style="list-style-type: none"> » Have less frequently and opt for smaller portions » Opt for popped/baked crisps, rice cakes and crisps – but keep an eye on the salt and check the labels! » Plain popped corn
Take-away coffee	
<ul style="list-style-type: none"> » Coffees made with full fat milk, syrup and or cream toppings 	<ul style="list-style-type: none"> » Ask for lower fat milk or experiment with a plant-based drink » Many coffee shops also have sugar free syrups - and hold the cream
Miscellaneous	
<ul style="list-style-type: none"> » Protein and nuts bars – look at the labels for those containing coconut or palm oils » Coconut - fresh, dried, desiccated and any product made with coconut 	<ul style="list-style-type: none"> » A small handful of unsalted nuts, or mixed roasted nuts and edamame beans or mixed nuts and dried fruit