

Easy ways to cut down on fat / J. Sainsbury's plc.

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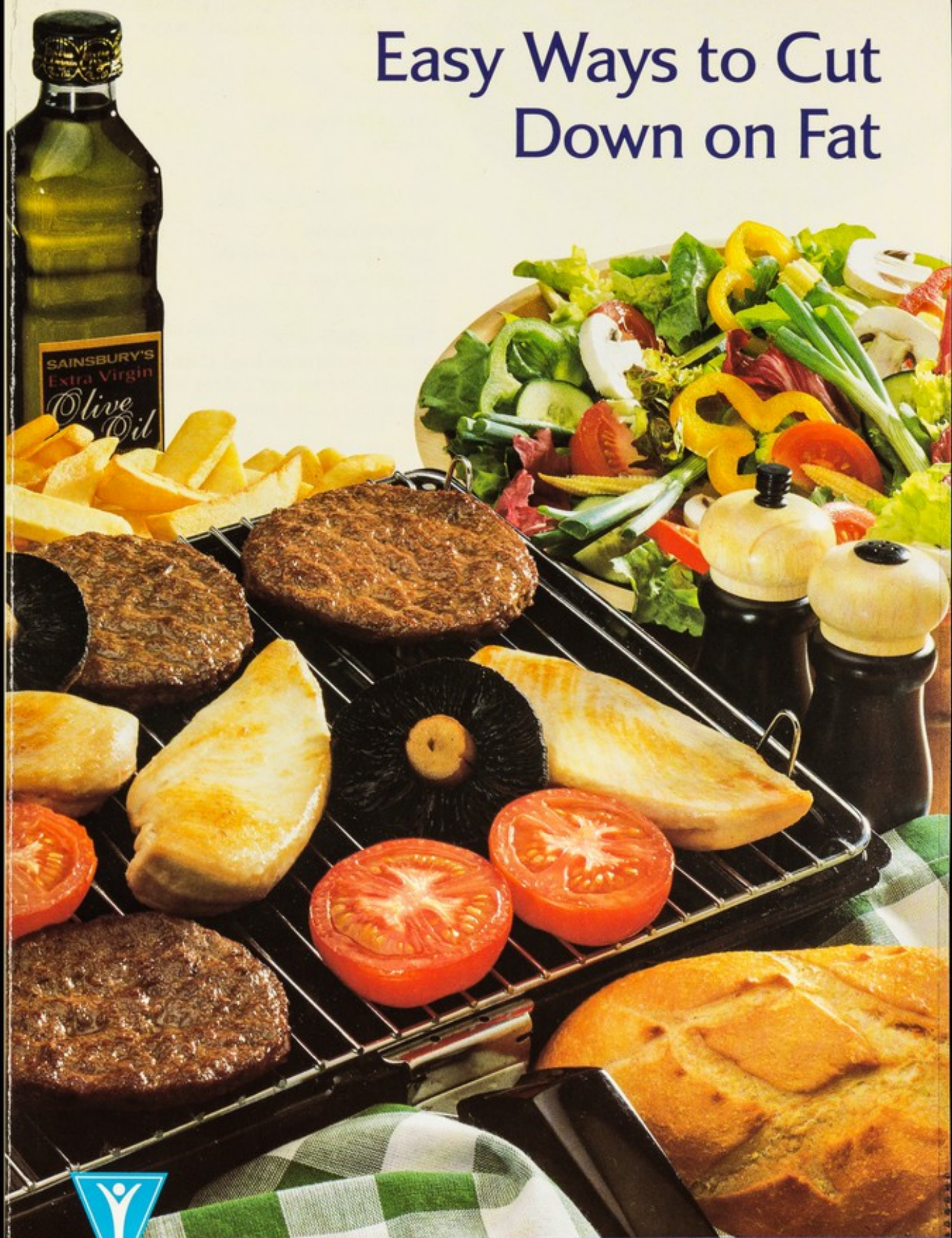
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Easy Ways to Cut Down on Fat



SAINSBURY'S Where good food costs less

Easy Ways to Cut Down on Fat

How to cut down on fat in meat

Look for the healthy eating symbol on lean meat, selected poultry and fish. Choose lean cuts of red meat (beef, lamb, pork, ham, liver/kidney). Replace some red meat meals with fish and low fat poultry.



Hidden fats

Take a look at this list: Sausages, luncheon meat, pork pies, sausage rolls, crisps, samosas, spring rolls, fried food, crispy batter-coated foods, biscuits, rich sauces, cream, creamy cheese, doughnuts, danish pastry, cakes, ice-cream, chocolate. The items are all different foods, but they have one thing in common: they all contain hidden fat. This is not to say they cannot still be enjoyed, just try not to eat them too often and use the panel on the back of packs to keep a check that the amount of fat you are eating is within the suggested targets on page 2 of this leaflet.

'A day's lower fat eating'

You can enjoy the familiar foods you like and by making a few simple changes benefit from a lower fat intake at the same time.

BEFORE

Breakfast

fruit juice, unsweetened

FAT

0.1g

CAL

45

AFTER

Breakfast

fruit juice, unsweetened

FAT

0.1g

CAL

45

2 wholemeal bisk with full fat milk and 2 teaspoons sugar

FAT

5.9g

CAL

254

2 wholemeal bisk with semi-skimmed milk and 1 teaspoon sugar

FAT

3.6g

CAL

211

2 slices wholemeal toast with butter or margarine and marmalade

FAT

12.7g

CAL

297

2 slices wholemeal toast with low or half fat spread and marmalade

FAT

4.8g

CAL

232

tea/coffee with full fat milk

FAT

1.0g

CAL

17

tea/coffee with semi-skimmed milk

FAT

0.5g

CAL

14

Mid Morning

banana, tea/coffee with full fat milk

FAT

1.2g

CAL

79

Mid Morning

banana, tea/coffee with semi-skimmed milk

FAT

0.7g

CAL

76

Lunch
bacon, lettuce and tomato sandwich with mayonnaise and spread with butter

FAT

26.8g

CAL

450

Lunch
Chicken, lettuce and coleslaw sandwich spread with low fat spread

FAT

12.3g

CAL

332

packet of crisps 30g
1 apple

FAT

11.4g

CAL

211

thick and creamy yogurt
1 apple

FAT

3.7g

CAL

222

Mid Afternoon

tea/coffee with full fat milk
2 digestive biscuits

FAT

7.4g

CAL

159

Mid Afternoon

tea/coffee with semi-skimmed milk
2 garibaldi biscuits

FAT

2.3g

CAL

80

Dinner Main meal

cod in breadcrumbs fried, chips fried, peas, grilled tomatoes and 2 slices white bread with butter or margarine

FAT

47.3g

CAL

921

Dinner Main meal

cod in breadcrumbs - oven baked, oven chips, peas, grilled tomatoes and 2 slices white bread with low or half fat spread

FAT

23.2g

CAL

779

Pudding

apple pie and double cream

FAT

29.9g

CAL

407

Pudding

apple tart (only one layer of pastry) and single cream

FAT

11.7g

CAL

199

1 glass wine/
1 pint lager

FAT

0g

CAL

83/167

1 glass wine/
1 pint lager

FAT

0g

CAL

83/167

Total with wine

FAT

143.7g

CAL

2923

Total with wine

FAT

62.9g

CAL

2273

Total with lager

FAT

143.7g

CAL

3007

Total with lager

FAT

62.9g

CAL

2357

How to cut down on fat in dairy foods

Look for the healthy eating symbol on low fat milk, cottage cheese, yogurts and desserts. Choose lower fat alternatives.

Fat in milk - Switch to semi-skimmed or skimmed milk which is lower in fat.

Fat in cheese - High fat Cheeses include cheddar and other hard cheeses, blue cheese, cream cheese, Camembert, Brie, Edam and Mozzarella. Look for the reduced fat cheeses available in Sainsbury's.

Low fat - cottage cheese, fromage frais, quark and other low fat soft white cheese.

Children and milk

Choose whole or full fat milk for children aged 1-2, semi-skimmed can gradually be introduced to age 5, after which skimmed is an option. Skimmed milk should not be given to children under 5 years.



Selecting oils and spreads

Look for the healthy eating symbol on oils and spreads - fats carrying the symbol represent the best choices in these food groups because they are lower in saturated fats.

Although these products carry the symbol you should limit the amount of them you use each day, during cooking or spread on your bread and toast.



Easy Ways to Cut Down on Fat

Food is one of life's great pleasures and it is important to remember that a healthy balanced diet really just means eating a wide range of different types of food.

However, one of the most important and consistent health messages of the last 10 years has been the need for most people to reduce the amount of fat, particularly saturated fat, they eat. The reason for this is that eating too much saturated fat increases your risk of heart disease by raising the level of blood cholesterol.

Fat is also a very concentrated source of energy, it contains twice the calories of carbohydrates and protein. Eating less fat and more starch also helps weight control.

As this leaflet explains, making a few simple changes can help you reduce the amount of fat you eat; and if you also get into the habit of monitoring the amount of fat you eat each day you will see that there is still room for the occasional indulgence.

Practical Help from Sainsbury's

The best way of controlling fat and calorie intake is to count the grams of fat you eat each day.

A new panel at the base of the nutrition label showing calories and grams of fat per serving, is an innovation from Sainsbury's which makes this easy. Now you can see at a glance how much fat is in a serving of each food and keep a check on your

daily fat intake, while still enjoying your favourite foods within healthy eating recommendations. The panel on the label looks like this.

NUTRITION INFORMATION			
TYPICAL VALUES (COMPARE AS PER INSTRUCTIONS)			
	PER 100g NET WEIGHT	PER 100g COOKED PRODUCT	PER SERVING
ENERGY	246	218	
OF WHICH:			
Carbohydrate	1.4g	1.5g	
Protein	1.2g	1.1g	
Of which - Sugars	2.2g	2.1g	
Polysaccharides	0.2g	0.2g	
Starch	0.2g	0.2g	
FAT	1.2g	0.9g	
Of which - saturated	0.3g	0.3g	
FIBRE	2.2g	2.2g	
SODIUM	0.2g	0.2g	
Per 100g serving 218 Cal 8.9g fat			

The maximum amount of fat you need a day varies depending on your age, size and how active you are. Most people

today have a 'sedentary' lifestyle and the targets given below are for average adults of normal, healthy weight.

Female		Male	
Calories/day	Grams fat	Calories/day	Grams fat
2,000	70	2,500	90

Saturated fat should make up no more than one third of the total fat intake as shown above.

Please note these figures are provided as a guide only and different people will have different requirements. For example, small framed people will have a lower calorie and fat requirement than large framed people; very active people eg. manual workers, will have a higher calorie requirement and thus could eat more fat. If you know you are overweight you should look at reducing your calorie and fat intake - obviously, if you need advice about this then contact your doctor first.

The best way to cut down on fat, if necessary, is within a well balanced diet. The plate illustration on the far right shows the balance of foods needed for an overall balanced diet and the proportions in which these types of foods should be eaten. For most of us it means:

- eating plenty of starchy foods such as bread, potatoes, pasta and rice so that they make up just over a third of our food
- eating plenty of fruit and vegetables; at least five portions a day



- eating a moderate amount of lean meat, poultry, fish or vegetarian alternative
- eating a moderate amount of dairy foods
- occasional use of fatty and sugary foods such as biscuits, cakes, confectionery, pork pies etc
- if you enjoy alcohol, drink in moderation – up to 2 units a day for women and 3 for men.

Sainsbury's Healthy Eating Symbol

Another way in which Sainsbury's can help you control the amount of fat you eat is through a new healthy eating symbol. It highlights some of the best choices of over 1,000 everyday foods. The symbol is used on a wide range of products which are generally low in fat including: bread, potatoes, breakfast cereals, pasta, fruit, vegetables, some poultry, fish, lean meat, low fat dairy products and selected convenience foods such as sandwiches and ready meals. Many of these foods are also high in starch and fibre and don't contain much sugar or salt.

The symbol also appears on a few foods that have a high fat content - but which should be eaten in small amounts. For example vegetable oils and spreads (Sainsbury's Golden low fat spread and Sunflower Extra Light half fat spread).

The fats that carry the symbol, are the best choices in these food groups because they are lower in saturated fats – even so, remember to limit the amount of these you use each day.



Oily fish also carry the symbol because, although higher in fat than many other foods, the type of polyunsaturated fats they contain cannot be made in the body and are essential for health. Not only that, these fats may help reduce the risk of coronary heart disease.

Both the symbol and new panel are being progressively introduced onto our own brand foods.

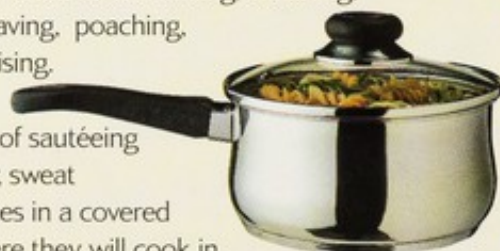


Simple Steps to Follow in the Kitchen

- Limit frying, except stir-frying which uses the minimum amount of oil.



- Methods of cooking that don't add fat are boiling, steaming, microwaving, poaching, and braising.



- Instead of sautéing in butter, sweat vegetables in a covered pan where they will cook in their own juices.

- Grill without added fat, wherever possible. Baste with lemon juice, or brush on a little olive oil.



- Don't add extra fat to roasts. The fat in the meat will roast it. If you think the meat will dry out, cover it for some of the cooking time. Start roasting poultry upside down; turn for the final half of cooking time.

- Skim fat from stews and casseroles.
- Cut visible fat off meat. Remove skin from poultry before serving.
- Top savoury dishes with mashed potato instead of pastry.
- Add more vegetables and pulses to meat-based dishes, especially red meat dishes.
- No need for spread on your bread if you use moist, low fat fillings for sandwiches. Or enjoy bread as an accompaniment to meals - without spread, in the continental style.
- Use semi-skimmed or skimmed milk to make milk based puddings or sauces.



The products featured on the front of this leaflet are Sainsbury's fresh Lean Beef Burgers and frozen Steak Cut Oven Chips - delicious and yet relatively low in fat!

Please note: Some products featuring the healthy eating symbol in this leaflet may not as yet carry the symbol on the pack in store.

J Sainsbury's plc
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All items subject to availability. Some items available in larger stores only. 729/538



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