

- wrap in banana leaf, turmeric leaf or aluminium foil
- fry without adding oil or fat by using a non-stick fry pan
- grill on a rack and moisten food repeatedly with stock or soup
- curries can be prepared using skim milk instead of coconut milk or may be thickened by adding a finely sliced potato at the beginning of cooking
- steam meat, fish or poultry with herbs, spices, lemon juice or other low calorie seasoning
- remove excessive fat from soup before adding vegetables.
- braise meat or poultry and vegetables with only a little cooking oil
- use low calorie dressing for salads

## IF YOU ARE EATING OUTSIDE

Ask for food to be prepared

- using only a little oil, 1 spoonful and not 1/2 a ladle
- adding more vegetables
- using meat or chicken without fat
- using stock as flavouring, where the oils has been separated

Use our right as a consumer to select the right food. As a consumer, we can make changes.



# FAT

Less for better health,  
the choice is ours



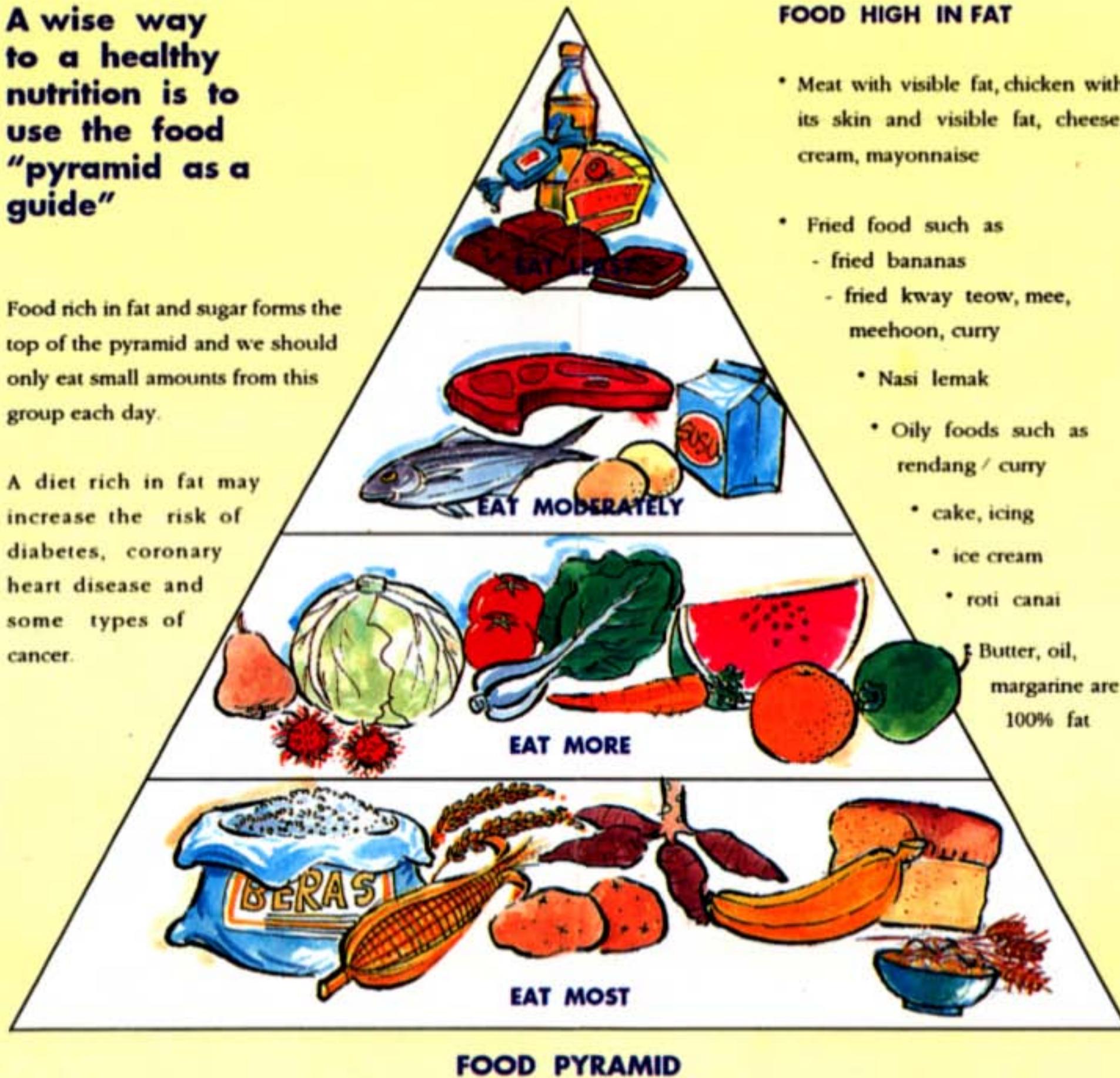
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## A wise way to a healthy nutrition is to use the food "pyramid as a guide"

Food rich in fat and sugar forms the top of the pyramid and we should only eat small amounts from this group each day.

A diet rich in fat may increase the risk of diabetes, coronary heart disease and some types of cancer.



### FOOD HIGH IN FAT

- Meat with visible fat, chicken with its skin and visible fat, cheese, cream, mayonnaise
  - Fried food such as
    - fried bananas
    - fried kway teow, mee, meehoon, curry
  - Nasi lemak
  - Oily foods such as rendang / curry
    - cake, icing
    - ice cream
    - roti canai
- Butter, oil, margarine are 100% fat



### GUIDE TO A DIET WHICH IS LOW IN FAT AND YET IS DELICIOUS

Fat should make up not more than 1/3 of the total calorie intake for a day.

- i Use no more than 2 tablespoons of added fat or oil per day
  - in cooking fats (like

- coconut milk, animal fat and cooking oil
- as spread (butter or margarine)

ii. Choose the correct type of food

- choose fish, poultry and other white meat instead of red meat

- daily replace at least one serving of meat or poultry with beans

- choose low fat dairy products when possible

iii. Food Preparation to reduce fat intake

- trim off all visible fat in meat,

- remove skin and visible fat from poultry before cooking

- boiling or cooking without fat/oil

- bake without added fat or oil by seasoning as usual then: