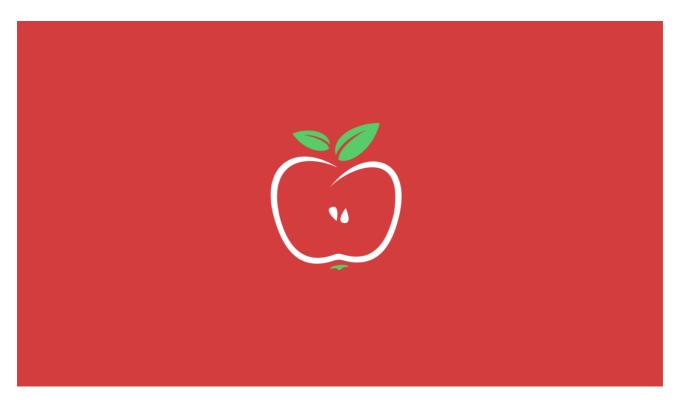
## Fat List: 49 foods to avoid

They stress the list is a guide to help obese people identify which foods could be cut from their diet. But others say it could be a step towards imposing higher taxes and other measures on junk food.

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## THE NEEDN'T FOODS

1. Alcoholic drinks Water/diet soft drinks
2. Biscuits
3. Butter, lard, dripping or similar fat (used as a spread or in baking/cooking etc.)
4. Cakes
5. Chocolate
6. Coconut cream Lite coconut milk/coconut flavoured lite evaporated milk
7. Condensed milk
8. Cordial Water/Sugar free cordial
9. Corn chips
10. Cream (including crème fraiche) Natural yoghurt (or flavoured yoghurt depending on use)
11. Crisps (including vegetable crisps)
12. Desserts/puddings
13. Doughnuts
14. Drinking Chocolate, Milo etc. Cocoa plus artificial sweetener
15. Energy drinks Water

16. Flavoured milk/milkshakes Trim, Calcitrim or Lite Blue Milk
17. Fruit tinned in syrup (even lite syrup!) Fruit tinned in juice/artificially sweetened
18. Fried food Boiled, grilled or baked food
19. Frozen yoghurt Ordinary yoghurt
20. Fruit juice (except tomato juice and unsweetened blackcurrant juice) Fresh fruit (apple, orange, pear etc. + a drink!)
21. Glucose Artificial sweetener
22. High fat crackers (more than 10g fat per 100g) Lower fat crackers (less than 10g fat per 110g)
23. Honey
24. Hot chips
25. Ice cream
26. Jam
27. Marmalade
28. Mayonnaise Lite dressings/lite mayonnaise
29. Muesli bars
30. Muffins
31. Nuts roasted in fat or oil Dry roasted or raw nuts (less than 1 handful per day)
32. Pastries
33. Pies
34. Popcorn with butter or oil Air popped popcorn
35. Quiches Crust-less quiches
36. Reduced cream Natural yoghurt
37. Regular luncheon sausage Low fat luncheon sausage
38. Regular powdered drinks (e.g. Raro) Water/Diet/Sugar free powdered drinks
39. Regular salami Low fat salami
40. Regular sausages Low fat sausages
41. Regular soft drinks Water/Diet soft drinks
42. Rollups Fresh fruit
43. Sour cream Natural yoghurt
44. Sugar (added to anything including drinks, baking, cooking etc.) Artificial sweetener
45. Sweets/Iollies
46. Syrups such as golden syrup, treacle, maple syrup Artificial sweetener
47. Toasted muesli and any other breakfast cereal with more than 15g sugar per 100g cereal
48. Whole Milk Trim, Calcitrim or Lite Blue Milk

49. Yoghurt type products with 10g sugar per 100g yoghurt Yoghurt (not n	mord Make and Share Free Checklists checkli.com