

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/lollies
- ☐ 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

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49. Yoghurt type products with 10g sugar per 100g yoghurt Yoghurt (not more than 2g)

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