

# The FCS 10g Fat Challenge

Food you can eat	Foods to avoid
Fresh fruit and vegetables including potatoes. Dried fruit.	Avocados. Chips. Any vegetable in oil e.g. olives, sun-dried tomatoes.
White and brown rice, lentils, noodles, couscous, pasta (with less than 2g fat per cooked serving). Tinned cooked beans (eg, baked) kidney, butterbeans (always check analysis).	Fried rice. Fresh egg pasta. Couscous prepared in oil.
Skimmed milk, quark, 0% yogurt Very low-fat cottage cheese.	All oils, butter or margarine (with exception of low-cal spray oil. One spray 0.1g fat, limit to 10 sprays max). Cheese, egg yolks, cream, full cream and semi-skimmed milk, oil-based salad dressings, any food in oil.
Egg whites (cooked without fat).	All fried food.
Turkey, chicken breast with skin and visible fat removed. Low-fat turkey or chicken mince (check analysis as total fat content varies).	Pork, lamb, beef, bacon, ham, chorizo, most sausages, processed meats. (Searching carefully you may find something that has a low enough total fat content to be suitable - always check analysis.)
White fish, shellfish, fresh tuna (red cut only), tinned tuna in brine or spring water, white meat crab and lobster.	Oily fish, salmon, dressed crab and dressed lobster.
Wholemeal and white bread in moderation (bread and bread products all contain some fat but levels vary considerably - check analysis).	Seeded loaves, and artisan loaves where oil has been added.
1 serving malt loaf, rice cakes, meringue, low-fat crème caramel or rice pudding (check analysis), jelly, fruit.	Cakes, biscuits, desserts and chocolate.
Some very low-fat crisps (around 1g per serving).	Nuts, crisps, savoury snacks and seeds.
All herbs and spices, most table sauces such as tomato and brown sauce, sweet chilli, soy, mint, yellow mustard (check the analysis).	Mayonnaise, horseradish sauce, ranch sauce, thousand island dressing.
Low calorie soft drinks.	Alcohol. High sugar drinks.