



Dr Sarah Jarvis Tips for patients



Solid fat (at room temperature) is saturated fat. If you're going to eat fats, ones which are liquid at room temperature are higher in mono - and polyunsaturates.

Pure Coconut Oil is not a "get out of jail free" option! A single tablespoon contains around 120 calories, even if it is higher in medium-chain rather than long-chain fatty acids.

All fats are equally calorie-dense - and excess weight contributes to heart disease, stroke and type 2 diabetes, as well as cancer.

Low fat processed foods may simply be replacing fat with sugar - preparing from scratch is almost always healthier and doesn't need to be complicated.

Low fat processed foods may simply be replacing fat with sugar - preparing from scratch is almost always healthier and doesn't need to be complicated.

Aim for wholegrain or wholemeal carbohydrates - not just for fibre, but also to increase satiety and reduce the risk of obesity.

'Easy wins' include removing chicken skin and visible fat from red meat before cooking.

Grill rather than fry foods - or fry using a low-fat cooking spray.