

Thumbs Up! Activity

GOOD & BAD FATS

INSTEAD OF:	SWITCH TO:
Butter	
Cream	Lite Evaporated Milk
Sour cream	Low fat ricotta cheese or yoghurt
Full cream milk	
Cheese	Low fat cheese, small amount of strong cheese like parmesan cheese
Mayonnaise	97% fat-free mayonnaise or low fat yoghurt
Cream cheese	Low-fat ricotta or extra light cream cheese
Salt	
Sugar	
Sugar	
Sugary drinks	
Bad fat oils	
Take away food	
Pastries	
Crisps /chips	
Chocolate	
Biscuits	
Fatty Meats	



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