



Meal Type	Lunch/Dinner
MEAL CODE	LFML (LOW FAT MEAL)
Effective Date	01 June 2009

ALTERNATE NAMES:

- Low cholesterol
- Fat-restricted
- Gall bladder diet
- Low saturated fat

GUIDELINES :

PROHIBITED

- Fried foods
- Sauces high in fat (cheese or cream sauces)
- Egg yolks
- Offal (kidneys, liver, tripe, heart, sweetbreads)
- Seafood (prawn, shrimp, squid, crab, lobster)
- Fish roe and caviar
- Added fats, oils
- Alcohol-refined sugars
- Processed meats
- Processed cheeses

ACCEPTABLE

- Lean meats
- Poultry (skinless)
- Fresh fruit and vegetables
- High fibre wholegrain breads
- High fibre wholegrain cereals
- Low fat dairy products
- Mono or polyunsaturated margarine
- Mono or polyunsaturated oils (olive, peanut, canola, safflower, sunflower or soybean oil)
- Gravies with no cream / fat added

USE :

Passengers wishing to follow a fat-restricted diet.

CHARACTERISTICS :

Increased complex carbohydrates.

High fibre.

Fats high in unsaturated fatty acids.

Low in saturated fatty acids. Low dietary cholesterol.

Max. 3g of total fat per 100g of food, on average for the meal.

Max. 1.5g of saturated fat per 100g of food, on average for the meal.

NOTE :

Use poaching, steaming, broiling or roasting cooking methods. Use vegetable or olive oil to prevent sticking.