



Lower Fat Food Swaps

If you are facing challenges in obtaining pancreatic enzymes or have a limited supply, consider making dietary adjustments and reviewing your enzyme intake. These steps may help reduce the overall amount needed and assist in managing bowel symptoms.

Remember to monitor any signs of bowel issues, such as pale, oily stools, abdominal pain, or bloating. If you have concerns, do not hesitate to reach out to a member of the CF Team for personalised advice.

Top tips:

1. Choose lower fat options e.g. low-fat yogurts, low fat mayonnaise, lower fat crisps – lower fat foods will need fewer pancreatic enzymes
2. Eat plenty of fruit and vegetables – these are fat free and do not need pancreatic enzymes. Eat lots of variety and different colours to gain all the benefits – lots of vitamins, minerals and fibre which is good for our gut health!
3. Take your pancreatic enzymes at the start or during a meal so they work better. Avoid taking after you have eaten
4. Make sure you store your pancreatic enzymes correctly, avoid direct sunlight and anywhere too hot
5. Make sure you dose your pancreatic enzymes correctly. Read food labels or use apps such as ‘Carbs and Cals’ to help guide you with the fat content of the food eaten
6. Cooking methods such as grilling and poaching do not require added fat. If you do need to use oil in cooking, use a spray oil instead
7. Cut off any visible fat from foods and avoid eating the skin e.g. bacon, chicken

Fat content of foods	Lower fat swaps
30g cheddar cheese = 11g fat	30g lower fat cheddar cheese = 7g fat
Wax coated snack cheese = 5g fat	Low fat/light wax coated snack cheese = 2g fat
Crisps 25g packet = 8g fat	'Popped' crisps / rice cake style crisps = 2g
Nut and caramel chocolate bar (48g) = 12g fat	Plain milk chocolate snack size bar (18g) = 6g fat
1 doughnut (ring/jam filled) = 9g fat	2 slices malt loaf with margarine = 2g fat
Butter 10g = 8g fat	Olive oil spread 10g = 4g
Beef meatballs x4 = 15g fat	Turkey meatballs x4 = 6g
1 portion salmon = 11g fat	1 portion plain white fish = 1g fat
2 pork sausages = 20g fat	2 chicken sausages = 4g fat 2 vegetarian sausages = 9g fat
200ml full fat milk = 7g fat	200ml semi skimmed milk = 3g fat 200ml oat milk = 3g fat 200ml soya milk = 4g fat
100g Greek yogurt (5%) = 5g fat	100g Greek yogurt (0%) = 0g fat
100g Greek style yogurt = 8g fat	100g low fat Greek style yogurt = <1g fat
Individual yogurt pot = 3g fat	Individual yogurt pot fat free = <1g fat
125g (1/4 large jar) tomato and mascarpone pasta sauce / carbonara sauce = 9g fat	125g (1/4 large jar) tomato and basil pasta sauce = 3g fat
50g (1/4 jar) pesto = 13g fat	50g (1/4 jar) reduced fat pesto = 8g
Mayonnaise 1 tablespoon = 11g fat	Low fat/light mayonnaise = 4g fat
Granola (50g) = 9g fat	Plain muesli (50g) = 2g fat
1 tablespoon peanut butter = 8g fat	1 teaspoon yeast extract = <1g fat
Bigmac, large fries & large milkshake = 56g fat	Beef burger, small fries, sugar free coke = 21 fat
Chicken 'boneless banquet' – 3 mini fillets, popcorn chicken, fries & sugar free fizzy drink = 33g fat	Smokey BBQ wrap, regular fries and sugar free fizzy drink = 26g fat
Large latte with whole milk = 16g fat	Small latte with semi skimmed milk = 4g fat
Large hot chocolate with whole milk = 20g fat	Small hot chocolate with semi skimmed milk = 6g fat

