

The Latest Atkins thinking

The latest thinking regarding the Atkins diet is to reduce saturated fat whilst on the diet. These 10 easy ways to cut fat will help!

10 ways to cut the Atkins fat

Swap high-fat cheeses such as Cheddar and Stilton for lower-fat varieties such as Edam or reduced fat Mozzarella.

Choose lean meat and cut off any visible fat before you cook it.

Don't eat the skin on chicken.

Go for smaller servings of fatty red meat like steaks, bacon and chops.

Occasionally replace red meat with chicken or fish.

Grill, bake or dry-fry meat rather than frying it in butter.

Avoid fried eggs and scramble, boil or poach them instead.

Choose single rather than double cream.

Don't add butter to vegetables.

Avoid mayonnaise.