

The aim of the Poplar Grove Practice is to provide a high standard of holistic primary care to our entitled patients by working together as a cohesive multi-disciplinary team.

Our commitment to you, our patients, is to provide you with the highest possible standard of medical care with an efficiently run and friendly service. You will be treated as an individual with dignity, courtesy and respect at all times, irrespective of your ethnic origin, religious belief, sex or sexuality, personal attributes or the nature of your health problems. We expect to be treated in the same way.



**Dr Wakeford & Partners**  
Poplar Grove Practice  
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**[www.poplar-grove.nhs.uk](http://www.poplar-grove.nhs.uk)**

E-mail: [poplar.grove@nhs.net](mailto:poplar.grove@nhs.net)

### Opening Times

Mon-Thurs: 0730 - 1930

Friday: 0730 - 1830

Tel: 01296 468580

Fax: 01296 398771

Over 75s Team: 01296 468589

Prescription queries: 01296 468585

Lines open daily between:

0800 - 1230 and 1400 - 1830



## Patient Information Leaflet

### Low Lipid diet

[www.poplar-grove.nhs.uk](http://www.poplar-grove.nhs.uk)

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Tel: 01296 468580



	<b>Allowed daily</b>	<b>Moderation</b>	<b>Avoid</b>
<b>Meats</b>	Chicken, turkey, veal, rabbit, game	Lean beef, bacon, ham, pork, lamb, lean mince, liver	Visible fat on meat (including crackling), breast of lamb, belly pork, streaky bacon, sausages, salami, pate, luncheon meat, duck, goose, pork pies, meat pastries, skin on poultry.
<b>Fats</b>	All fats should be limited	Oils or margarines labelled "high in polyunsaturates". Sunflower oil, corn oil, soya oil, safflower oil, sesame oil, olive oil. Low-fat spreads	Butter, dripping, lard, suet, palm oil, coconut oil, margarine "high in polyunsaturates", cooking or vegetable oil of unknown origin. Hydrogenated fats and oils.
<b>Eggs and dairy foods</b>	Skimmed milk, low fat cheeses e.g. cottage cheese, quark (skimmed milk cottage cheese), curd cheese, egg white, very low-fat yoghurt.	Semi-skimmed milk, feta and ricotta cheese, parmesan in small quantities, half fat cheeses (fat content 20-40% dry weight), two whole eggs a week, low-fat yoghurt.	Full cream milk, evaporated or condensed milk, cream or imitation cream, regular fat cheeses, cream cheeses, full fat yoghurt.
<b>Fish</b>	All white fish e.g. cod, haddock, plaice, oily fish e.g. herring, mackerel, sardines, tuna, salmon.	Fish fried in suitable oil, oysters, mussels, occasional scampi, lobster.	Fish roe, fish fried in hard fats.
<b>Veg</b>	All frozen vegetables, peas, sweetcorn, dried beans of all kinds e.g. haricot, red kidney, butter beans, lentils, chick peas are particularly high in "soluble fibre", jacket or boiled potatoes - eat skin wherever possible, fresh fruit, unsweetened tinned fruit, dried fruit.	Chips, roast potatoes cooked in suitable oil or polyunsaturated fat, avocado pears, fruit in syrup, crystallised fruit.	Chips or roast potatoes cooked in solid fat, oven chips, potato crisps.

	<b>Allowed daily</b>	<b>Moderation</b>	<b>Avoid</b>
<b>Cereal Products</b>	Wholemeal flour, wholemeal bread, wholegrain cereals, oatmeal, cornmeal, porridge oats, sweetcorn, wholegrain rice and pasta, crispbreads, oatcakes, matzos.	White flour, white bread, sugary breakfast cereals, oatbran, white rice and pasta, plain semi-sweet biscuits, water biscuits.	Fancy breads e.g. croissants, brioches, savoury cheese biscuits.
<b>Desserts</b>	Low fat puddings e.g. jelly, sorbet, skimmed milk pudding, low fat yoghurt sauces.	Cakes, pastry, puddings, biscuits and sauces made with suitable margarine or oil, low fat ice creams, homemade snacks with polyunsaturated fat.	Commercially made cakes biscuits made with saturated fats. Suet dumplings and puddings, butter and cream sauces, all proprietary puddings and sauces, snacks deep fried in solid fats, dairy ice creams.
<b>Beverages</b>	Tea, coffee with skimmed milk, mineral water, slimline or sugar free soft drinks, unsweetened fruit juice, clear soups, low alcohol beer.	Sweet soft drink, low fat malted drinks or low fat drinking chocolate (occasionally). Packet soups, meat soups, alcohol.	Irish coffee, full fat malted drinks, drinking chocolate, cream soups, non dairy whitener,
<b>Sweets</b>	Clear pickles, sugar free sweeteners e.g. saccharin tablets or liquids, aspartame sweetener.	Sweet pickles and chutney, jam, marmalade, honey, syrup, marzipan, peanut butter, lemon curd, boiled sweets.	Mincemeat containing suet, chocolate spreads, candy bars, toffees, fudge, butterscotch, chocolate, coconut bars
<b>Spices and Dressings</b>	Herbs, spices, mustard, pepper, vinegar, low fat dressings e.g. lemon or low fat yoghurt, low calorie salad cream or low calorie mayonnaise.	Meat and fish pastes, bottled sauces, French dressing, ordinary salad cream, mayonnaise, soy sauce.	Cream or cream cheese dressings.